



**Positive
health
Positive
wellbeing
Positively Dru**

dru

BOOK 5

DRU YOGA TEACHER TRAINING

**BODY
& MIND**

**HEALTH
& NUTRITION**

PRODUCTS

**NOT FOR PROFIT
PROJECTS**



UTTHITA TRIKONASANA EXTENDED LATERAL TRIANGLE

BODY PREPS

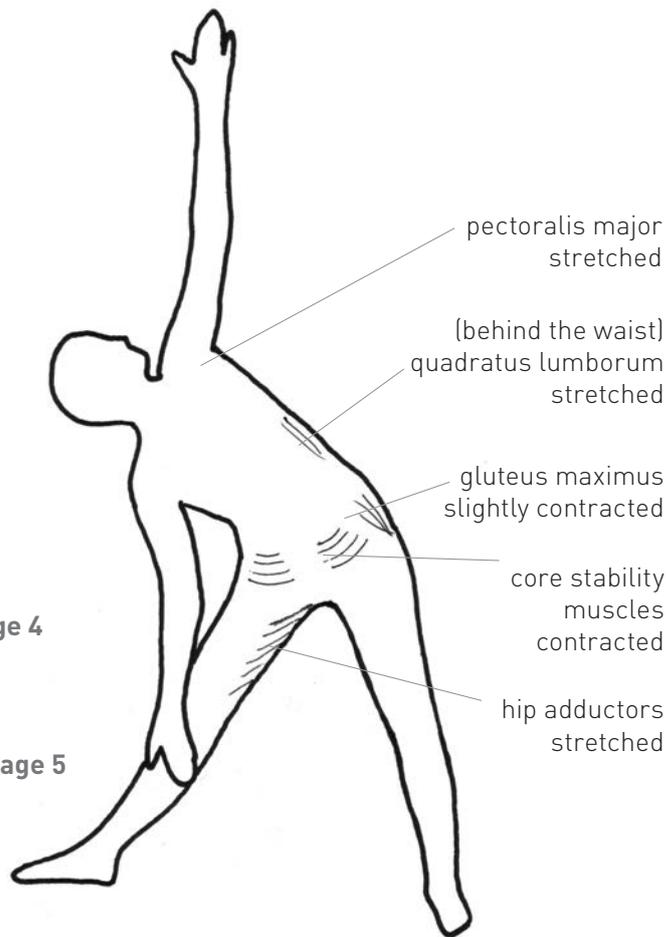
hip adductor stretch
—book 3 page 7

quadratus lumborum
stretch—book 5 page 4

pectoralis stretch
—book 5 page 4

weaving cat—book 5 page 5

spiral—book 5 page 5



PREPARATION

The triangle is generally quite demanding physically and must be introduced following adequate body preparation.

EXTENDED LATERAL TRIANGLE

Stand in **tadasana**. Allow your joints to be soft and relaxed and feel your connection with the earth as you mentally send roots deep down into the ground below your feet.

You may experience energy flowing through your joints, particularly in the spine.

Adopt the standard triangle base as follows:

Separate your legs by two to three feet. Turn the right foot 45 degrees to the right by pivoting on the right heel. Now pivot on the ball of the right foot to bring the right heel in line with the toes.

You should now find that your right heel is in line with the medial arch of the left foot.

Push the left heel slightly to the left to allow you to anchor the left foot to the floor when you move into the side bend.



CONTRA-INDICATIONS

The strong stimulation to the lower two chakras makes this posture contra-indicated during menstruation, pregnancy and for the first three months after giving birth.

Those with back, knee or hip problems must exercise caution in performing and holding this posture.





EXTENDED LATERAL TRIANGLE continued

The more flexible you are, and the more deeply you move into the side bend, the more the left foot needs to be pushed to the left.

Roll your weight to the outer edge of the left foot, and focus on grounding the foot.

ALIGNMENT POINTS

Pause for a moment to check the following:

- > Can you feel strength flowing down the left leg to your heel? If not, bring your feet a little closer together.
- > Is your right heel in line with the medial arch of your left foot?
- > When you bend your right knee, is it in line with your right foot? If not, turn your right foot to face forward again and then pivot on the right heel, turning your right foot from the hip so that your leg and foot both turn.
- > When you bend your right knee is the shin vertical? If not, your stance may be too wide, in which case bring your feet closer together. The stance may be too narrow, in which case adjust the width between your feet.

Once you are satisfied that your position is correct, continue as follows:

Refresh your core stability. Breathing in, raise your arms sideways to shoulder height 'circle in front', palms facing forward. As you breathe out, reach towards the right extending from the base of your spine and then down towards the floor. Keep your body in one plane—the torso does not come forwards.

This will restrict your movement considerably but it is more useful to bend just a little to the side with correct alignment than to bend a lot more but incorrectly.

Once you feel perfectly balanced, become aware of your arms. Rest the back of your right hand against the right calf or ankle. Stretch your left arm upwards and feel as if you are lifting from the armpit. Allow your left shoulder blade to relax towards the right shoulder blade. Elongate your neck and turn your head in order to look up towards your left hand.

To come out of the posture, reverse this sequence as follows:

Look forwards, bend your right knee and on an inhalation slowly raise your torso upwards, contracting your pelvic floor and lower abdominal muscles to help with the lifting movement. Arms remain out sideways at shoulder height. Once in the upright position lower both arms.

You may wish to rest in a relaxed forward bend position before repeating on the other side.

When you are familiar with the posture, consciously focus on the movement of energy from the **mooladhara chakra** through **vishuddhi chakra** to the **sahasrara chakra**.

MODIFICATION

- > If you have weakness in the lower back or abdominal muscles, bring your feet even closer together and bend your knee when moving into the posture.

PHYSICAL BENEFITS

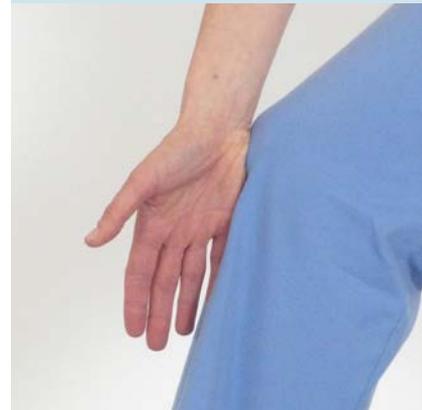
The extended lateral triangle posture is invaluable for developing strength and flexibility in the trunk and thighs. It helps mobilise the pelvic girdle, extends the spine and tones the abdominal, upper back and shoulder muscles.

MENTAL/EMOTIONAL BENEFITS

The posture is excellent for releasing stuck energy from the sides of the torso and can help us to perceive a wider picture. It can also alleviate depressive states.

ENERGETIC BENEFITS

The extended lateral triangle posture activates the earth energies in the base chakra, and raises them up, enhancing our artistic ability, creativity and powers of expression. We become more aware and appreciative of the beauty in nature.





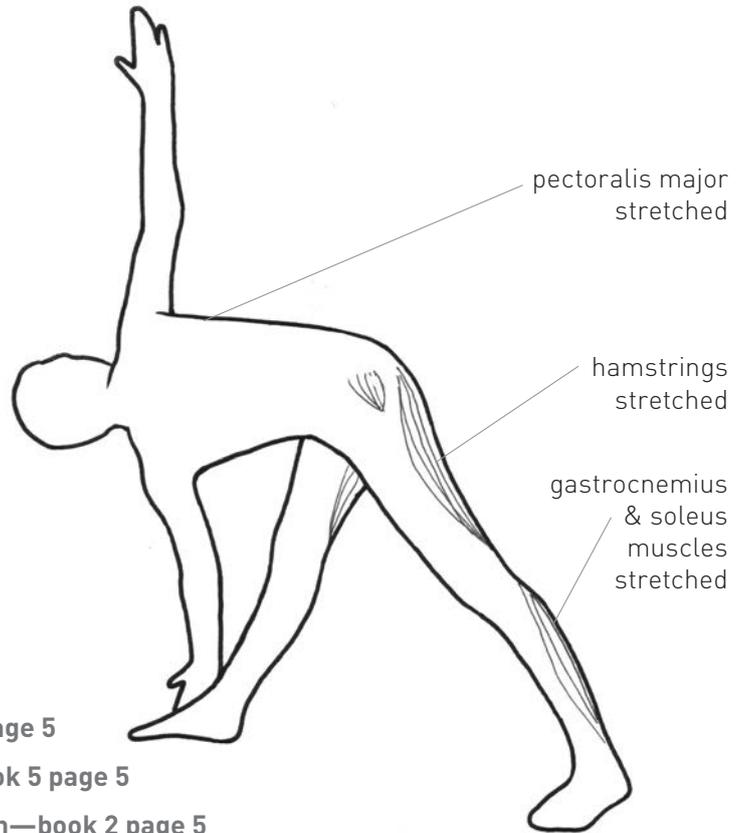
CONTRA-INDICATIONS

The strong stimulation to the lower three chakras makes this posture contra-indicated during menstruation, pregnancy and for the first three months after giving birth. Those with back, knee or hip problems must exercise caution in performing and holding this posture.

The rotated triangle combines a forward bend and a spinal twist. Those with spinal disc problems or hernia should avoid this posture; those with high or low blood pressure should not hold the inverted position for long.



PARIVRITTA TRIKONASANA THE ROTATED TRIANGLE



BODY PREPS

- spiral—book 5 page 5
- weaving cat—book 5 page 5
- hamstring stretch—book 2 page 5
- pectoralis stretch—book 5 page 4

THE POSTURE

Stand in *tadasana*. Separate your legs by two to three feet. Turn your right foot 90 degrees to the right and allow your left heel to lift and move to the left.

As the body will twist in this posture there must be more freedom for the hips to rotate, therefore the left foot needs to turn more than 45 degrees. You should feel that the left leg is strong and grounded.

Having established the correct standing position, breathe out and refresh your core stability muscles. Breathe in and raise the arms sideways to shoulder height.

Breathe out and twist from your hips to face the right, simultaneously lowering the left arm, taking it past the hips and then up to shoulder level in front. At the same time draw the right hand back towards the right hip.

Breathe in, extending your left hand forwards. As you breathe out, bend forward, bringing the left hand to the floor by the outer

edge of your right foot (if you can). Other options include placing your left hand next to the inner edge of your right foot or on a block if necessary. Once you have steady balance, concentrate on twisting your torso towards the right side.

The right arm now unfolds like a wing—shoulder, elbow, wrist and fingers. Turn the head and look up towards your right hand.

Gently lower your right arm to the floor as you look down.

Visualise that you are picking up in both hands a beautiful jewel of light from the earth.

Raise the extended arms to shoulder height as you rise into an upright position. Draw the left arm across in front of your chest.

Visualise a beam of light spreading across your heart centre.

Breathing out, lower your arms to your sides.

Repeat to the other side.

PHYSICAL BENEFITS

The posture aids digestion and helps to prevent constipation. Scoliosis of the spine often responds favourably to regular practice of the combination of both of the triangle postures. Parivritta trikonasana is an excellent counterposture to utthita trikonasana, counteracting the powerful side bend with a forward bending twist.

MENTAL/EMOTIONAL BENEFITS

This is a refreshing and invigorating posture. It helps us to let go of frustration and irritability and to find creative solutions to life's challenges.

ENERGETIC BENEFITS

The energy of the lower centres is raised to the heart, throat and forehead centres. Creative expression is a natural outcome.





With its foundations set in ancient yogic tradition and its emphasis on soft, flowing movements, Dru Yoga can strengthen and align the deep postural muscles, help to ease back pain and increase energy levels. It's fun too!