

ROTATED TRIANGLE

- Begin in mountain pose.
- Bring your fingers together in front of your chest, bend your knees and jump arms and feet wide to a 'star' shape.
- Establish this shape with feet both facing forwards, even balance and a long spine.
- Turn your right foot 90 degrees and rotate your leg to the right. This is now your front foot. Turn your left foot in 45 degrees to help you achieve this and keep both legs straight.
- Rotate your hips and shoulders to the right so they become square to your front foot. Locate your hips and place your hands on them.
- Exhale and fold from your hips over your right foot while taking your opposite hand (left) to the inside of your right foot.
- At the same time take your right hand towards the sky so that your arm is vertical and in line with your shoulder. Energetically take your arms to infinity and open up your chest.
- Aim to maintain length through your spine both length and widthways. Maintain the posture for 5-10 breaths.
- On an inhalation return slowly to the starting position and repeat on the left side.

Benefits

- Improves balance and proprioception.
- Lengthens hamstrings, lower back, chest and hips.
- Provides gentle rotation to spine.

Beginners Advice

- Take your leading hand to your shin or higher up (knee). You can even use a block to assist. The priority is a long straight spine and straight legs.
- Use a wall to support on the side of your body.
- Try with a narrower stance.

Challenge

- Remain in this posture for more breaths and try to deepen the posture with each exhalation.
- Repeat the posture a number of times to challenge your mind and body.
- Look up towards your upper hand to further challenge balance.
- When fully in the posture, bend the front knee and adjust the hand accordingly - slowly straighten the front leg again keeping your hand in the same position increasing the lengthening through the hamstrings.

Adjustments / What to look for

- Excessive sideways bending through your spine. The priority is a long straight spine throughout this posture.
- Bending legs - aims to keep your legs straight throughout.
- Head hanging. Aim to keep your head between your shoulders and in control.
- Feet shifting away from initial set-up position.

