



Extended Triangle Pose *Utthita Trikonasana*

Type of pose – standing (lateral extension)

In Utthita Trikonasana make sure that you keep the following in mind.

1. The heel of your front foot is in line with the arch of the instep of your back foot.
2. You keep your front leg straight.
3. The knee of your front leg is facing in the same direction as your foot.
4. Your spine is extended in line with your hips and is not leaning forward.
5. Both sides of your rib cage are evenly extended.

This pose is contraindicated for: lower back and spinal conditions, during pregnancy and for the first 12 weeks after giving birth, low and high blood pressure.