

## The Triangle – Trikonasana

**1. In this pose we participate in a movement that bends and extends exactly to the side, with the breath moving freely.**

Stand in a stable triangular stance, raise one arm up alongside the head and the other to the side, relax the shoulders. Then in an exact sideways movement bend over to the side, keep the shoulders relaxed, and let the breath move freely. Come back into the vertical with the arms above the head- pause, and then repeat on the other side.



**2. The extending movement to the side produces a feeling of expansiveness over the body.**

Come into the pose again and as you do so bring your attention to the side of the body and let the breath move freely.

**3. As you come into the pose the urge to want to extend to the side grows, but you meet a limit, like a boundary, and so to encourage and maintain the extending movement exactly to the side there is a need to order the body into 3 aspects: namely, to maintain a stable stance, a dynamic tension builds up in the region of the solar plexus, and the upper body of head, neck and shoulders stays relaxed.**

- Stand in the preparatory phase, and notice first a stable stance, how a tension already rises in the region of the solar plexus, and a relaxation in the upper body. Then extend over to the side and keep the order through the body. Repeat on the other side, with a pause in the middle, with arms above the head, before you do so.
- As you practice notice if you loose the form by
  - moving forwards or bending back slightly,
  - or if you slump into the hips
  - if the head drops
  - try also not to over stretch- it's more beneficial to draw up the image within, than to push the pose into a final form that places a stress on the body.

**You could repeat this stage with attention to the idea of creating a growing expansive movement over the side of the body by maintaining these 3 areas, and notice what arises within.**

**Or you could move onto the next stage, which introduces a thought placed within a social context.**

**4. The extending movement to the side, whilst maintaining these 3 areas, allows the practitioner to participate with the natural quality of movement, for Heinz Grill writes:**

*'All bodily movements, all relationship-building, which takes place in earthly existence, is first of all a form of courageous extension, which is still free of good and evil.'*

**So active movement is at first untainted, free from good and bad. If you meet a person by extending exactly over to them, and at the same time maintain a space in which both can expand into, in a joyful, lighter brighter space, then this produces a healthy inner ordering out of which something new can arise.**

Before you come into the pose, imagine this picture: you stand alongside another, you go over to the other conversation, do you project onto the other – do you place a heavy load onto the other? Or do you keep an earthly stance stance, and go over to the other by noticing where they stand, and out of this create a free space that allows a new insight or new way of relating to arise? Imagine this.

Then come into the pose, stand in a stable triangular stance, raise one arm up alongside the head and the other to the side, relax the shoulders. Then in an exact sideways movement bend over to the side, keep the shoulders relaxed, and let the breath move freely. Repeat on the other side.

Repeat the pose as many times as you wish.

Finish in the relaxation pose and reflect on the pose just done.