

Triangle pose



Trikonasana

22.



When you bend down to a leg, find the best place for support: ground, feet or leg. Keep knees slightly bent. If you do not feel like lifting arms up, keep them on the body. Try to move the body. Look up or to the side. Keep your head as comfortable. Later you will be able to put some effort in this pose.

Now I will describe the triangle pose.

Stand straight; put your legs apart at shoulder width. Body, neck and head should be on one straight line. Inhale and raise your hands, keeping them parallel to the ground, so they make one line. Exhale and bend to the right, touch your right or left foot with the right hand. Let your eyes look towards the left hand. Try to keep your arms on one straight line. Then do the same pose to another side. This asana will let you cure any pain in the spine. It also changes solar and lunar influence.