



Trikonasana

This is a basic hip-opening standing pose which acts on the joints of the foot, knee and hip. It also works the front and back leg muscles, including iliacus, psoas major and piriformis. This asana also lengthens the front and back leg muscles.

Instruction

Stand straight with feet together. Breathe in and jump or step your feet about 3 or 4 feet apart. Turn the left foot in and the right foot out. Make sure the whole right leg is turned out with the knee pointing directly over the toes. The right heel should be aligned with the arch of the left foot. Breathe in and stretch your arms out in line with the shoulders, palms facing the floor. Breathe out and extend the spine towards the right. Initially, let the right hand rest on the right shin, the left hand straight up towards the ceiling. Lengthen in the spine and aim to turn the head to look up towards the ceiling. Keep the spine and neck as straight as you

can. As you progress you can aim to lessen the weight of the hand resting on the shin. That makes the back and legs work that much harder. In time you can aim to get the lower hand onto the floor. You are aiming to get a straight line through the lower arm wrist, lower arm shoulder, upper arm shoulder and wrist, along with the spine lengthening. Breathing stays deep and easy. No tension in the face, fingers, throat, toes,...

Anatomy

This is a complex posture. The structures working will depend on how much you can get to the final position. Basically it is a hip opening posture, strong in the legs. Most working are the side trunk and into the gluteals (external abdominal oblique, latissimus dorsi, quadrates lumborum, gluteus maximus, minimus and medius; also tensor fascia lata. These are the main muscles keeping you upright. Also involved will be the muscles keeping the arm up and head turned. These are working, but are more secondary. The muscles particularly lengthening are the hip/buttock muscles (gluteus maximus and minimus) hamstrings (biceps femoris, semitendinosus and semimembranosus) and back of knee (plantaris, peroneus). What you feel will vary from person to person, but these are the primary muscles that that I feel in the posture.

References:

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