



### Triangle at Wall x 2

#### 1. Triangle (Trikonasana):

Stand with body perpendicular to wall. Feet are about 3 feet apart with right toes pointing at wall almost touching the wall. Left foot is turned in at a 45 degree angle to the wall. Firmly ground your feet as you stand tall throughout the exercise.

Slide hands up at the thighs, stop at the top just at the hip crease. Press right hand into the thigh to move hips away from the wall. Slide left hand up the side of the body, hold onto the low ribs, then lift upper body towards the wall.

Place right forearm on wall and rest your head on your bicep. Press arm into wall and continue pulling hips away from wall to lengthen upper body. Raise left hand towards the ceiling for a few breaths. Slightly rotate chest upwards and arch upper back for a few breaths. Continue on to Pyramid as follows.

#### 2. Pyramid (Parsvottanasana):

Maintaining triangle position to start, place left hand on wall overhead. Turn upper body and hips to face the wall (hips should be squared off with the wall.) Feet are parallel with toes pointing forward.

Cross forearms, one on top of the other and rest them on the wall. Move the top of the head toward the wall under your forearms to lengthen your neck. Rest forehead on forearms if this is too difficult. Breathe and hold.

3. Repeat poses 1 & 2 on the other side, starting with the left foot at the wall.