

Triangle Pose/Trikonosana

I love triangles—for better or for worse. While triangulation in relationships is asking for trouble, the triangle/trinity is the root for many spiritual practices, mathematical practices, and music theory. It is also my favorite pose in yoga.

Revolved, reversed or as originally prescribed, Trikonasana allows me to stretch the tops of my feet and ankles (many poses in yoga do not emphasize this), strengthens and stretches my neck, and opens outer and inner groin *at the same time*. It allows to my organs to find room in my torso (first one side then the other), stretches side body and gluteal muscles while using the muscles in the opposite side body and opens my ribcage (as if in half of a cow pose).

In triangle, one can seek many modifications and no matter which one chooses, it remains beautiful to the eye. To me, it represents both strong and inspiring energy, while remaining humble in stature. It gives us constant feedback—press down on the front big toe in order to not lock the front knee, rotate chest but stay in within the planes of glass on either side, keep shoulders moving down one's back, and my most self-effacing check-in point: while in the pose, I go through the mechanics of rotating my hips into warrior II, then rotate rear hip back into warrior I position. It puts me in a deferential (to yoga teachers who have come before me) frame of mind that connects me to all those who are on this path.

The body-spirit-mind connection coalesces finely in triangle pose. Not only are we reaching forward and up, we are grounding, asserting who we are, and acknowledging that we are part of the whole. We shoot energy from our top jazz hand (if one chooses this variation), and give back to the earth with our lower jazz or closed hand. Our faces are serene as we look up in hope and connection with all that is, while acquiescing to that which is not our ego in a deep bow.

Bows (even sideways) and keeping both hands in view is a sign of respect in many cultures, as well as showing trust and openness to those who have walked our journey before us, and ourselves. Finally, triangles can transform easily. They can turn into forward bends, balance postures, and back bends such as flipped dogs. Because the hips and chest are already representing both open and closed positions, the transitions between triangles and any other posture is effortless and graceful. Is it any wonder, I love triangle pose.