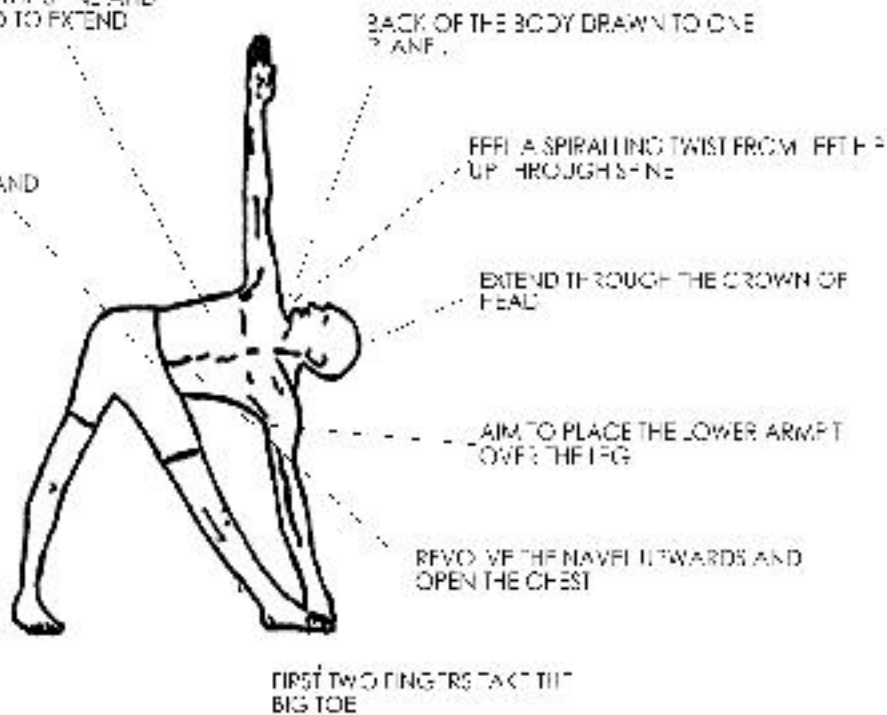


## TRIKONASANA - TRIANGLE POSTURE

LIFT FROM THE TOP EDGE OF THE RIGHT HIP - LENGTHENING THE SIDE RIBS SO THAT THE SPINE AND CHEST ARE HELPED TO EXTEND HORIZONTALLY

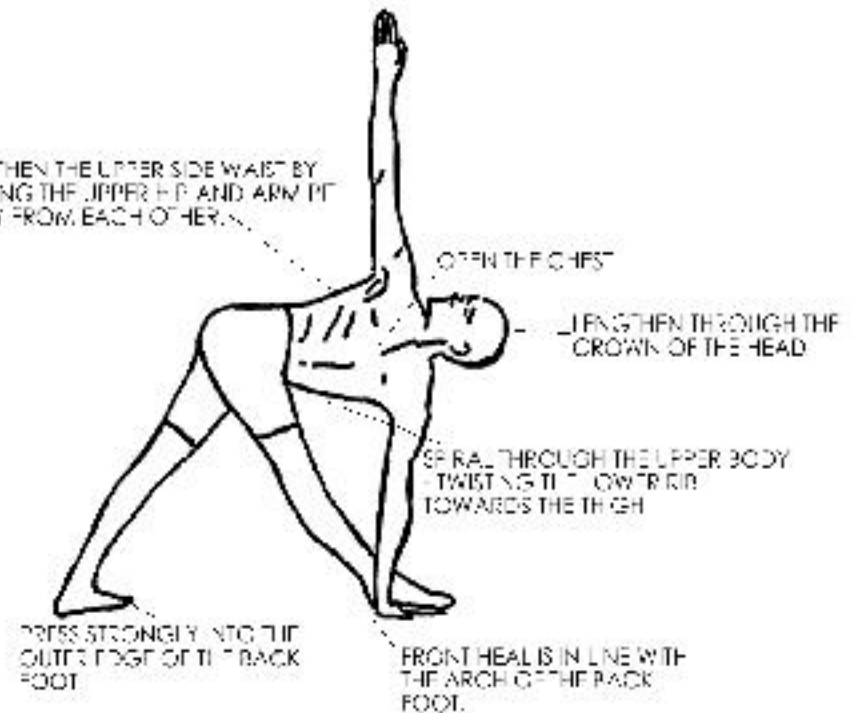
SQUARE THE HIPS AND PRESS FORWARD



## PARIVRTTA TRIKONASANA - REVERSE TRIANGLE POSTURE

EXTEND THROUGH THE FINGERTIPS

LENGTHEN THE UPPER SIDE WAIST BY MOVING THE UPPER HIP AND ARM UP AWAY FROM EACH OTHER



MODIFICATION



MODIFICATION 1



MODIFICATION 2

