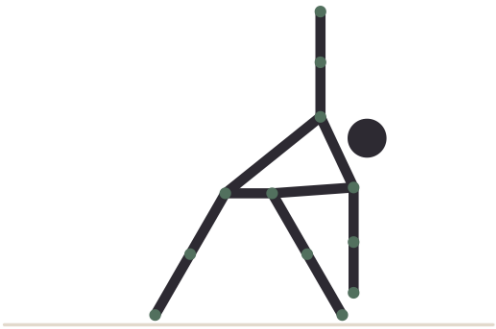
yogalike

Triangle Pose

Trikonasana · Intermediate



1. From standing, step your feet about a leg-length apart.
2. Turn your front foot to point forward and your back foot slightly in.
3. Keep both legs straight and reach your torso out over your front leg.
4. Tip sideways from the hip, bringing your lower hand to your shin, a block or the floor.
5. Reach the top arm straight up so both arms make one line.

What to feel for

Both legs long — a micro-bend in the front knee is fine.

Length in both sides of the waist rather than collapsing down.

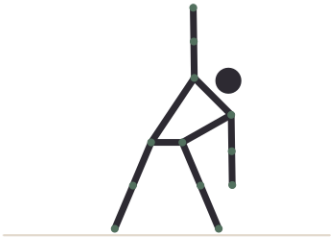
Top arm stacked over the bottom arm.

Chest opening toward the camera.

Variations



Hand to shin



Hand on a block

yogalike · scan to practise, no account needed

https://yogalike.lp-data.cloud/practice?pose=triangle&from=printable

It offers practice guidance, not medical advice, and it cannot tell whether a pose is right for your body. Move within what feels comfortable, and stop if anything hurts.

Free to print and share with your students, as long as this line stays on the sheet.