

Trikonasana

Also known as Triangle pose, it is said to relieve stress and anxiety while improving balance.

Start by standing in Mountain Pose, inhale deeply and jump landing with feet facing forward, approximately 4 ft apart.

Raise your arms outwards to shoulder level.

Turn your right foot in slightly and your left foot 90 degrees outward.

Exhale and bend your torso sideways to the left reaching your left hand down your left leg and placing your left palm on your left shin while raising your right arm up palm facing forward. You can increase stretch taking your fingertips or palm to the floor.

Turn your head to look up at your right hand if your neck permits.

Relax your shoulders, staying in the pose for 20-30 seconds.

Slowly come out and return to standing then repeat on the other side.

You can start doing this pose against the wall to encourage correct alignment.

Good Luck!

