

Easton Yoga School 200hr Yoga Teacher Training

Asana Homework Outline with Example

Triangle Pose / Utthita Trikonasana (Sanskrit name)

1. Give a brief instruction into the pose.

This pose tips the 5-pointed star to either side, stretching all the limbs and body, while requiring balance.

2. Give 5 points of information while using dual action.
 - a. Identify the foundation.

Place feet wide apart, pressed firmly into the floor. Turn your right foot in slightly and the left leg and foot directly out to the side, for bending toward the right.

When bending to the right, the right leg is externally rotated and the left internally rotated.

- b. Detail how to align the pelvis and lengthen the spine.

Pelvis is neutral, the spine bends and extends to either side.

- c. Detail alignment for shoulders, arms and neck.

Shoulders are down, but not to a point of discomfort. The neck and arms are straight, with the arms extended out from the body, level with the shoulders.

Place your hand on a block to support yourself initially, working toward your palm on the floor.

Look up at the opposite hand in the air.

- d. Organs of Perception.

You will experience a feeling of openness.

- e. Heart Language to inspire devotion to the pose.

Use this pose to open and stretch the entire body. As you balance, realize your improvement over time and embrace your ability to improve.

3. Benefits of the Pose.

Stretches the arches, calves, hamstrings and groin. Opens the throat, chest, shoulders and hips. Lengthens the spine. Stabilizes and strengthens the legs and torso

1. Risk factors of the pose.

Do not look up if you have a neck injury. Avoid this is you have low blood pressure or heart disorders.