



Triangle

- Heels are in one line
- Maintain strong action through legs
- Spiral inner thighs outward, away from each other
- Scoop tailbone down and under
- Radiate through both arms
- Keep upper hand active
- Lift pit of belly inward to lengthen spine
- Drop lower rib cage toward floor
- Lower torso, stacking upper lung over lower lung
- Draw shoulder blade down toward hips
- Gaze high to upper thumbnail

MODIFIED I

- Use a horizontal block under lower hand

MODIFIED II

- Use a vertical block under lower hand

MODIFIED III

- Bring hand higher up on shin, or thigh



MODIFIED I



MODIFIED II



MODIFIED III