



TRIANGLE

Participants

Any number of participants.

Time Allotment

5 Minutes or less

Activity Level

Moderate

Materials

No materials required

Open. Strengthen. Balance. Stretch.

Method

Step 1. Stand tall and strong with your arms at your sides and your feet about hip distance apart. Rock back and forth on your feet a few times until you find a comfortable center – this is your mountain base.

Step 2. Inhale deeply to stand up tall. On your exhale, reach your right arm out and slowly bend sideways.

Step 3. Reach for your right shin with your right hand while raising your left arm up to the sky. Keep your arms strong and straight, should down and away from your ears.

Step 4. Check to be sure you are bending sideways, rather than forward. You can do this by imagining your body is pressed between two panes of glass. For a balance challenge, try gazing up to your left hand.

Step 5. Remain in this position for 3 – 5 breaths. Bend your right knee and slightly rise back up to standing with your arms outstretched.

Step 6. Switch sides by pivoting the feet and continuing from step 3.

Variation(s)

Reach & Stretch. While you are in the Triangle position, have a friend hold his hand just above the fingertips of your outstretched hand. Without moving the hand on your shin, reach and stretch your hand up to touch your friend's hand. Your chest is now open and wide – Breathe...

Triangle Partners. Do the triangle position back to back with a friend. Keep the backs of hands and arms connected from start to finish. Move together into position, hold and breathe.