

## PYRAMID POSE FF06

trikonosana

### DIRECTIONS:

Stand facing the anchor with hips facing forward.

Front foot faces 12 o'clock. Rear foot faces 2 o'clock.

Feet are approx 2-3 feet apart with heels firmly on the ground.

Bend forward at the waist while working the rope down and towards the front foot. Hold for 30 seconds - then switch legs.

### IMAGERY

Your body is forming the shape of a PYRAMID or TRIANGLE.

In yoga TRIKONASANA means triangle.

### BENEFITS:

PYRAMID POSE stretches:

- the hamstrings and calves
- the spinal chain
- the hip complex