**Trikonasana**

Trikonasana tones up the leg muscles. This removes stiffness in the legs and hips. This corrects any minor deformity in the legs and allows them to develop evenly. It relieves backaches and neck sprains. This strengthens the ankles and develops the chest

*Triangle Posture*

Tri means three Kona means angle and Asana means posture. In this final position the body resembles a triangle.

Benefits:

Cultural:

Stretches the whole body especially the spine and back muscles. Stretch and relaxation of intercostal muscles(???), thighs, calves(???) and hamstring(???) muscles. Adrenal(???) glands are stimulated. Messages Liver, Spleen(???), Pancreas(???) and Kidneys(???). Slims down the hips and waistline, strengthens calves(???) and thighs.

Therapeutical: Good for flat foot, Diabetes, Respiratory Ailments, Urinary disorders. Good in treating constipation(???) and enhances appetite. Pain in back, neck, elbows, waist line and knees are relieved. Also effective for sciatica(???) and hunchback(???).

Caution: Persons suffering from low back pain and arthritis(???) should be careful.

Subtle Points:

Mode of bending:

Bend from the right waist region and don’t bend the knees and elbows. Avoid forward bending.

Mode of breathing:

Breathe out whenever you bend sidewards and inhale while coming up. Normal breathing in the final position.