

The Triangle – *trikoṇāsana* - त्रिकोणासन

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Experiencing the expansiveness

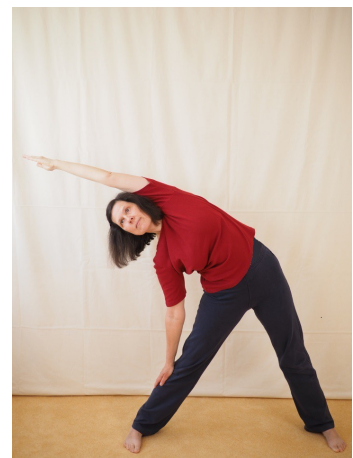
The triangle is an important basic position in the *āsana*-practice. It can usually be performed by any healthy person of any age, because everyone practices it according to their own measure and goes as far into the position as they can hold the *āsana* with free breath.

Preparation

Before the practitioner starts the exercise, it is advisable to get an idea of the way of practice and of the meaning of the *āsana*. Heinz Grill describes as one aspect to the triangle: "*The joyful image of the expansiveness is the expression in this form of movement.*" (1)

Starting from a thought, the exercise does not remain a mere physical exercise, but also enriches the sentience life and promotes the creative powers of the human being.

How can the expansiveness be brought into the experience? How is it created? How can it be shaped? What does expansiveness mean?



Exercise with a wide lateral body movement

1. The exercise begins with an equilateral triangular standing position of the legs. The distance between the feet corresponds approximately to the own leg length. The feet point forward. The upper part of the body is raised in a relaxed manner. The breath flows in its own rhythm up to the flanks and into the abdomen. Here the breath shouldn't be led into the abdomen by deliberately pressing the diaphragm. It finds its own way when the practitioner increasingly relaxes the upper body, especially in the shoulder and neck area.

The practitioner perceives a threefold structure of the body: a calm and stable stand, a middle with flank breathing, a relaxed upper body.

2. The starting point for the lateral movement is in the area of the solar plexus in the upper abdomen (*maṇipūra-cakra*). The practitioner leads the left arm upwards and the right arm to the side. In a wide movement the costal arch is lifted and carried over the iliac crest to the side. The right hand touches the leg without leaning on it. The left arm remains next to the head and points to the right side. The hold is in the area of the solar plexus.



When moving sideways, make sure that neither the hips nor the upper body turn to the side. Both remain aligned to the front. Shoulders and neck remain relaxed.



3. At the beginning of the *āsana*-practice the position is held for a few breaths, with advanced practice also longer. The consciousness remains in a relaxed overview of the body.
4. Return to the upright posture in a wide movement and change to the other side.

It is recommended to perform each side three times. Afterwards a physical change can be perceived through the exercise. The flank area is stretched, whereby the breath flows wider and fuller. Straightening the spine is often easier than before the exercise.

Practice from the feeling of the wide space

1. For preparation the surrounding space is perceived in relation to the breath. In the straddled triangular standing position, observe the breath as it is received from the surrounding space, flows into the body and then leaves the body again into the space. With inhalation and exhalation the practitioner stands in relation to the surrounding space.
2. Next the space can be experienced in its three-dimensionality.
 - a) The height and vertical
 - b) The width and horizontal
 - c) The depth and diagonal



3. In order to experience the space in its three-dimensionality and entire width, the arms are led sideways from bottom to top to above the head and back down again. The practitioner thereby perceives the space with its expansiveness.
4. With this perception of the wide space the practitioner perform the triangle as described above - „*The expansiveness of the outer space is finally transferred with a clear feeling to the extension of the entire chest area.*“ (2)
5. With this feeling hold the position for a few breaths and then change the side.



Breathing

Every movement affects the breathing. The triangle especially affects the area of the diaphragm. Sometimes this area is tense due to physical malpositions or psychological factor such as stress, excessive demands, etc.. The result can be flat or restricted breathing.

The sideways movement of the triangle affects this area of the diaphragm, works through it, so that breathing can flow more expansive and freely again, especially in the area of the flanks.

Soul dimension

In the movement of the triangle the practitioner stretches far into space. He leaves his usual upright stand and moves into a new position. The wish for expansion, activity, development and the joy of relationships is addressed.

Social Ability

The entire yoga-practice isn't only benefit the practitioner, but also has an effect on the environment and fellow human beings. The sides of the body are stretched and opened. The practitioner also opens up more to the surroundings and to the people. This openness to the outside is a prerequisite for every perception and every relationship.

References

- (1) Heinz Grill: Initiatorische Schulung in Arco. Ein neuer Yogawille für ein integratives Bewusstsein in Geist und Welt. Verlag für Schriften von Heinz Grill, Soyn 2000, Seite 65
"Der freudige Ausdruck der Weite ist die Expression in dieser Bewegungsform."
- (2) Heinz Grill: Der freie Atem und der Lichtseelenprozess. Der Neue Yogawille in seiner Beziehung zur Anthroposophie. Heinrich Schwab Verlag GmbH & Co. KG, Argenbühl 2017, Seite 84
„Die Weite des äußeren Raumes überträgt sich schließlich mit einer klaren Empfindung auf die Ausdehnung des gesamten Brustbereiches.“

Translation of the quotations: Manuela Maria Walbrühl