

## Twister Triangle



1. Begin with both partners standing facing each other, roughly two feet apart.
2. Both partners step their right foot forward so that the outside edges of both partners' forward feet touch.
3. Both partners turn their back toes out a bit; the front heel should point to the middle of the back foot.
  - The further away the back foot is, the harder this pose becomes.
4. Both partners square their hips forward to face each other.
5. The knees stay as straight as possible; the front knee can have a slight bend but the back knee should stay straight.
6. Both partners hinge forward at the hips, keeping the back straight.

7. Holding the forward reach and a long straight back, both partners twist to face each other coming into a Revolved Triangle pose.
8. Both partners reach their left hand forward to touch their partner's right arm, while reaching their right hand back to touch their partner's left arm.
9. After holding for four complete breath cycles breaths, partners switch feet to take the pose on the other leg.

Twister Triangle is complicated because it involves hamstring flexibility, hip flexibility, and rotation in the spine. This pose helps open the hamstring muscles in the back of the thigh, particularly in the front leg, and helps open the gastrocnemius and soleus muscles in the calves



and ankles, particularly on the back leg. It also helps open some deep lower back and hip muscles, such as the piriformus.

While Twister Triangle can be tricky to get into the first several times you practice, it actually helps you maintain better form than by practicing Revolved Triangle by yourself. Having the support of your partner rather than reaching your forward hand to the floor allows you to keep more length in the spine and avoid rounding the back.

*Symbolism:* The symbolism of Twister Triangle is that by asking for help we can make ourselves stronger. By using a partner for extra stability and balance, you keep more integrity in the pose than when you try to balance with your forward arm on your forward leg. This teaches us that getting a little help from our friends makes us better.

This pose is a variation on Revolved Triangle (*Pavritta Trikonasana*).