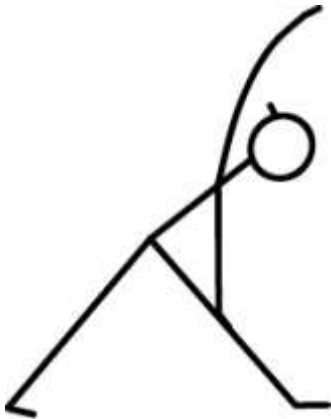


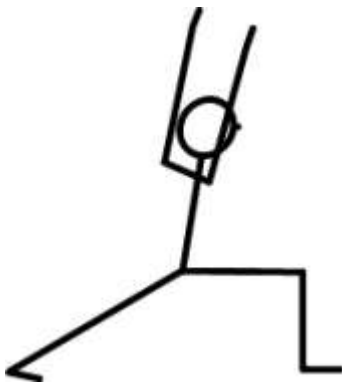
# Triangle Warrior Sequence

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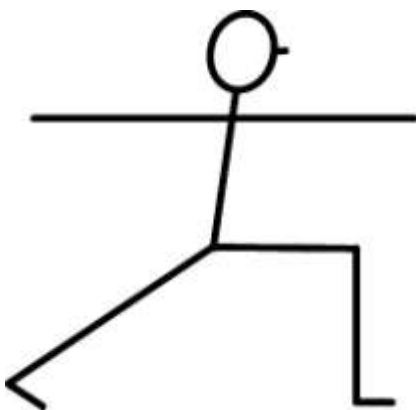
Triangle Pose



Warrior 1



Warrior 2



1. Begin in Standing Mountain Pose
2. Step your right foot to the right 3 – 5 feet.
3. Turn your left foot pointing straight ahead and your right foot pointing right.
4. Make sure your right heel is aligned with the middle of your left foot
5. Inhale raising your arms to shoulder height, palms facing down, arms and shoulders relaxed.
6. Shift your hips to the left and extend your upper body to the right.
7. Exhale as you place the palm of your right hand on your right knee or lower leg.
8. Extend your left arm up toward the ceiling, palm facing forward, keeping left shoulder back.
9. Turn your head to look up at your left hand, keeping your spine straight and your neck relaxed.
10. Continue to breath and hold the pose for 10 – 30 seconds.
11. Press the soles of your feet into the floor. Inhale bringing both arms back at shoulder height
12. Bend your right knee until it is over your right ankle. Left leg should be straight and the sole of the left foot should be firmly planted on the floor. Weight is evenly distributed between both feet.
13. Inhale and face your head, shoulders, hips and knees to the right, raising your arms above your head, palms facing each other and fingers pointing toward the ceiling.
14. Relax your shoulders down away from your ears.
15. Point the crown of your head toward the ceiling and gaze straight ahead.
16. Hold the pose for 15 – 30 seconds continuing to breathe.
17. Exhale and lower your arms down to shoulder height, right hand pointing right, and left hand pointing left, gazing out over the fingertips of your right hand.
18. Tuck your tailbone under to avoid arching your lower back.
19. Continue breathing holding the pose for 15 – 30 seconds.
20. Exhale as you lower your arms to your sides and straighten your right leg. Then return to Standing Mountain Pose.
21. Repeat on other side.