

Parvritti Trikonasana – Reverse Triangle Pose

Pronounced par-ee-vrt-tee-tree-kohn-aah-suh-nuh parvritti means revolving, tri means three and kona means angle in Sanskrit.

This pose can be taught with several different foot placements as we shall see below. We shall take the version shown opposite as the standard version where feet are at hip width apart so hips can more easily be square the front, alleviating compression in the lumbar region.



Teaching Points:

Stage 1: Front knee bent; may need to have block(s) on the floor beside front instep

- From Tadasana, feet hip apart step the left foot forwards, externally rotating the back left leg a few degrees so the toes point out to the side.
- **Keep both hips facing forwards, towards the short end of the mat.**
- Inhaling lift both arms out to sides at shoulder height, stretching outwards from heart to fingertips, engaging the core
- Exhaling **folding forwards from the hips**, look downwards to keep the neck aligned with the spine, as both sitting bones are lifted & pressed backwards, **keep the whole spine lengthened, bending the front knee.**
- Make sure the **rear leg hip is drawn backwards, to keep hips facing forwards and equalise the weight between both feet so the weight is not increased into the front foot.** Do not let the outer edge of the rear foot lift, **and may need to bend the front knee more deeply and/or can place a block beneath the back heel.**
- Keeping the torso is aligned and fully lengthened at the height of the hips place the right hand on to the floor, **or on to a block(s) or brick if needed.**
- Placing left hand on top hip press down into the floor with the right hand and rotating the spine towards the left leg, if possible raise the left hand vertically, aligning the lower and upper arms, **lifting up into fingers of the upper hand, if needed keep the upper hand to the top hip and concentrate upon opening the chest**

Stage 2: Straightening front leg

- **If possible straighten the front leg.**
- Keep the chest and shoulders open, then if possible allow the neck to rotate to look up at the upper hand, **otherwise keep looking forwards or down**
- Stay, rotating the top shoulder back, keeping the shoulders down away from ears, reaching from the lower hand to upper hand
- Also try to **lengthen between the crown of the head and the tailbone**, drawing the hip of the lead leg backwards, **creating space between hips and the ribcage.**

To exit:

- To exit, lower upper arm to release from the twist and inhaling raise both arms out to the sides at shoulder height, chest over floor, spine parallel to the floor, **bending the front knee if needed**; and using the internal muscles of the torso and leg muscles lift the upper body vertically with the whole spine working as one long unit.
- Then exhaling lower arms to sides and work to the opposite side.

Benefits:

Tones both legs significantly
Tones spinal musculature
Opens chest and shoulder muscles

Mobilizes thoracic and cervical vertebrae
Increases circulation to lower back

Good preparation

Teach anterior tilt of pelvis, i.e. flexion from hips; pada bandha; mula bandha; hamstring and adductor stretches, shoulder, chest and back mobilizers, simpler twists:

Cautions

- **Un-medicated high blood pressure & heart conditions:** if necessary place lower hand on to blocks to avoid positioning head lower than heart & keep the upper hand to the top hip; work for short briefer periods, without strain.
- **Lower back conditions and sciatica:** work cautiously using modifications such as bent front knee, lower hand to a block.
- **Neck problems:** keep the head turned forwards or look downwards
- **Hyperextension of front knee:** keep weight equal between feet, pressing into ball of lead foot, engaging quadriceps, can slightly bend front knee
- **Pregnancy:** feet parallel, lower hand to chair to minimise twist & pressure on rectus sheath & SI Joints

Note:

- Can direct the primary work into the thoracic spine by bending the front knee if necessary and/or placing a hand upon a block or brick. [This is a good first stage.](#)
- Sometimes students have a smaller length of arms proportionate to the length of legs so here students may benefit from keeping the lower arm at a higher point, perhaps on a block or brick placed on the floor to the inside of the front foot. If this is not addressed then the spine will curve rather than be lengthened.
- Keep the rear foot arch lifted, outer side of foot rooted to floor.



Variations



Feet forwards

Just as with trikonasana we can work with feet facing forwards so the hips cannot rotate externally or internally. This is a good option for beginner students and where we would like to work dynamically in time with the breath. To modify the pose students can bend the knee they are working towards, inhaling to centre and exhaling into the twist, moving from side to side.

Developments:



Feet aligned as 'walking the wire'



This version has a different foot placement where the front leg is externally rotated 90° and the back leg internally rotated to 45°. As we twist towards the front leg we can keep the front knee bent, hand to floor or block enabling a good opening of the chest as we draw the top shoulder back.

Placing lower hand to outside of front foot

This requires a little more balance and flexibility, and a brick may be needed under the lower hand.

Adjustments

Students must avoid rounding the spine so scan for this and when the hamstrings or lower back are tight offer blocks and/or bending the front knee to keep the spine long. It can also be helpful to stand behind the student's upper back keeping their balance by placing a hip against their back. Then with one hand draw the top shoulder back and/or with the other hand draw the front hip backwards. We can also carefully adjust the placement of the upper arm.