

Yoga for Computer Users: The Triangle

Stand with your back against the wall. Place your feet two or three feet apart. Keeping feet firmly on the floor, and weight balanced on heels and toes, stretch your body up, pressing shoulders back and allowing arms to hang at your sides (Fig. 1). Inhale.

Exhale and slowly bend from waist, sliding your right hand down the right side as far as it will go. Shoulders should press back and hips should remain level, pointing forward. Head should be turned to the side, so that it's at a right angle to the body. Hold posture for 10 slow counts, inhale and come up to starting position. Exhale and repeat on left. Inhale and come up to starting position.

Exhale and rest a moment. Inhale and slowly raise arms to shoulder level, palms down. At the same time, point the right foot to the right at a 90-degree angle while keeping the left foot turned in slightly. Exhale and bend to the right, sliding hand down to ankle or foot. If possible, touch the ground behind foot. Pull hip square against wall with left hand and turn head to look up.

Inhale and raise left arm straight up over head so that arms are in a straight line. Keep hips and torso against the wall as both arms stretch, one down and one up, touching the wall. Hold posture with smooth, even breathing for a slow count of 10. Inhale, come up and repeat on left.

Benefits: Trikonasana helps produce excellent spinal flexibility. It stretches the legs, back and neck and helps to loosen up the hips and make them strong and flexible. It is also, to some extent, a balance posture; in yoga, it is believed that the skill developed in physical balance has a profound effect on the mind, quieting unruly emotions and creating calm. It is one of the best postures for slimming the waist, hips, arms and legs. Remember to breathe deeply in when stretching up and breathe deeply out when bending the body downward.