

# Neck & Shoulder Pain



## Triangle Pose

Utthita Trikonasana

15 to 45 seconds

Props

✓ One Block

### Instructions:

1. Stand in Mountain Pose. Distribute your weight equally on both legs. Breathe evenly.
2. Extend your arms out to the side and take a wide stride so that your feet are directly under your fingertips.
3. Turn in your right foot, slightly to the left. Then turn your left foot 90 degrees to the left.
4. Exhale and bend your torso sideways to the left so that the weight of your body is moving into your back heel. Place your left hand on a block. Raise your right arm up toward the ceiling in line with your shoulders and left arm. Gaze upward at your right thumb. Stay in the posture for 15 to 45 seconds breathing evenly.
5. To come out of the posture, inhale and come up. Turn your feet to face forward. Repeat the posture on the opposite side.