

How to Do Triangle Pose

(Chair Yoga Version)

Equipment: A stable, armless chair and a yoga mat.



Step-by-Step Guide:

- ❶ Sit sideways on the chair, feet hip-width apart.
- ❷ Extend your outer leg (away from the chair back) to the side, keeping your toes forward.
- ❸ Inhale, extend your arms out horizontally (like a “T”).
- ❹ Exhale, gently lean over your extended leg, sliding one hand down your thigh or shin.
- ❺ Keep your chest open and gaze up toward your top hand.
- ❻ Breathe deeply for 3–5 cycles, then switch sides.

Tip: Keep a small pillow or yoga block near your foot if you prefer extra support.