

Extract from: Der freie Atem (Free Breath) by Heinz Grill

The Side Triangle *parsva trikonasana*

Begin in a standing position. The right foot is exactly perpendicular to the left foot. Place it stably on the ground and keep the knee straightened. Leave the left arm relaxed by the side of the body. The movement, still at a gently dynamic stage, should remain careful and controlled and in a kind of hovering position with slight, gradual changes in the stretch. For this, transfer the weight onto the right leg and take the right arm out sideways. Remain in this sensitive balancing form and, gently twisting, lift the chest. The left leg is stretched dynamically upwards from the hip. Remain in this sensitive, balancing flank-position for around 15 seconds with the calm rhythm of the breath. The dynamic requires a firm starting point at the standing leg. The shoulders should not tilt forwards. Twist from the spine so that the front of the body remains opened.



This position gives a subtle feeling for the gentle and weightless air element, which surrounds the physical body in its entire periphery like a cosmic circumsphere and sensitively touches the skin. To hold the balance, practitioners have to calmly feel their way, and also listen, and due to the opening stretch and gently applied twist in their own axis, the spine, they experience themselves in their own exposed state of being stretched out. If necessary practise on both sides several times.



If you can manage this position easily, you can progress to a further, dynamic final position, *parsva trikonasana*, the side triangle. The dynamic is heightened into both legs and the hand glides down to the ground. The body is gently twisted from the middle and the leg is stretched straight up backwards. To successfully stretch the raised leg, it is important to accentuate the standing leg. Lightly the leg glides upwards, while the standing leg is actively formed right into the hip, strongly, almost like a pillar. In this way the legs themselves support each other in their dynamic. The etheric body can take hold of the limbs lightly and buoyantly when they are consciously coordinated. By keeping the standing leg stable, the raised leg can glide out into the dynamic and into the space, because, as if winged by etheric forces, it can dynamise itself against gravity.

Return out of the position in the most orderly way possible.

Balancing and twisting with a gentle stretch in both directions are combined in the preparation for the side triangle, and give a subtle feeling of ordered perception inwards and outwards.

From the impressive leg dynamic, the stretch continues upwards to the thorax and to the downwardly gliding arm

