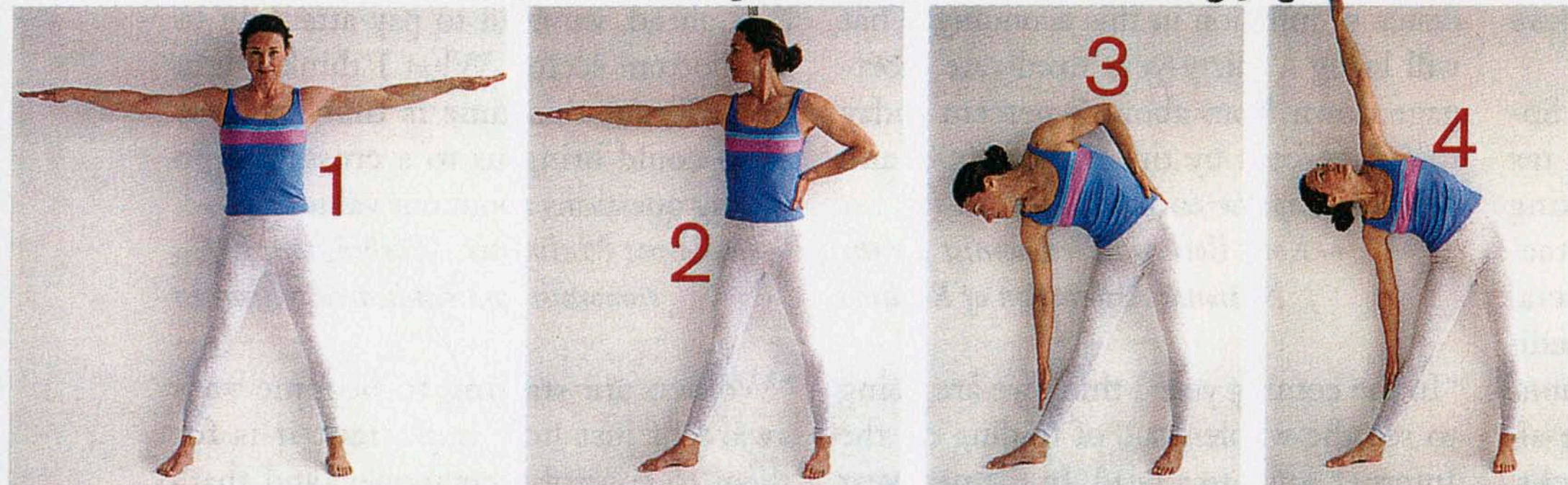


strike a pose

Take a break from holiday madness with this relaxing yoga move



The trikonasana (“triangle pose” in Sanskrit) “strengthens and stretches a large number of muscles, including hamstrings, quads, calves, neck and shoulders,” says Joseph Caraccilo, D.C., a yoga instructor in New York City. “It can also help improve your balance.”

Stand with your feet more than shoulder-width apart. Extend your arms straight out to the sides. Keeping your feet parallel, turn your right foot out until it’s perpendicular to your left, and move your left foot about 30 degrees in toward your right foot. Turn your head to look at your extended right arm. Keeping your hips and shoulders parallel, exhale as you bend down and grab your right ankle with your right hand. Then inhale as you extend your left arm so your fingers are pointing toward the ceiling. Turn your head to look at your left thumb, keeping your chest open and taking deep breaths. Hold for 10 breaths. Repeat on the other side.

CONSULT WITH A PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM.