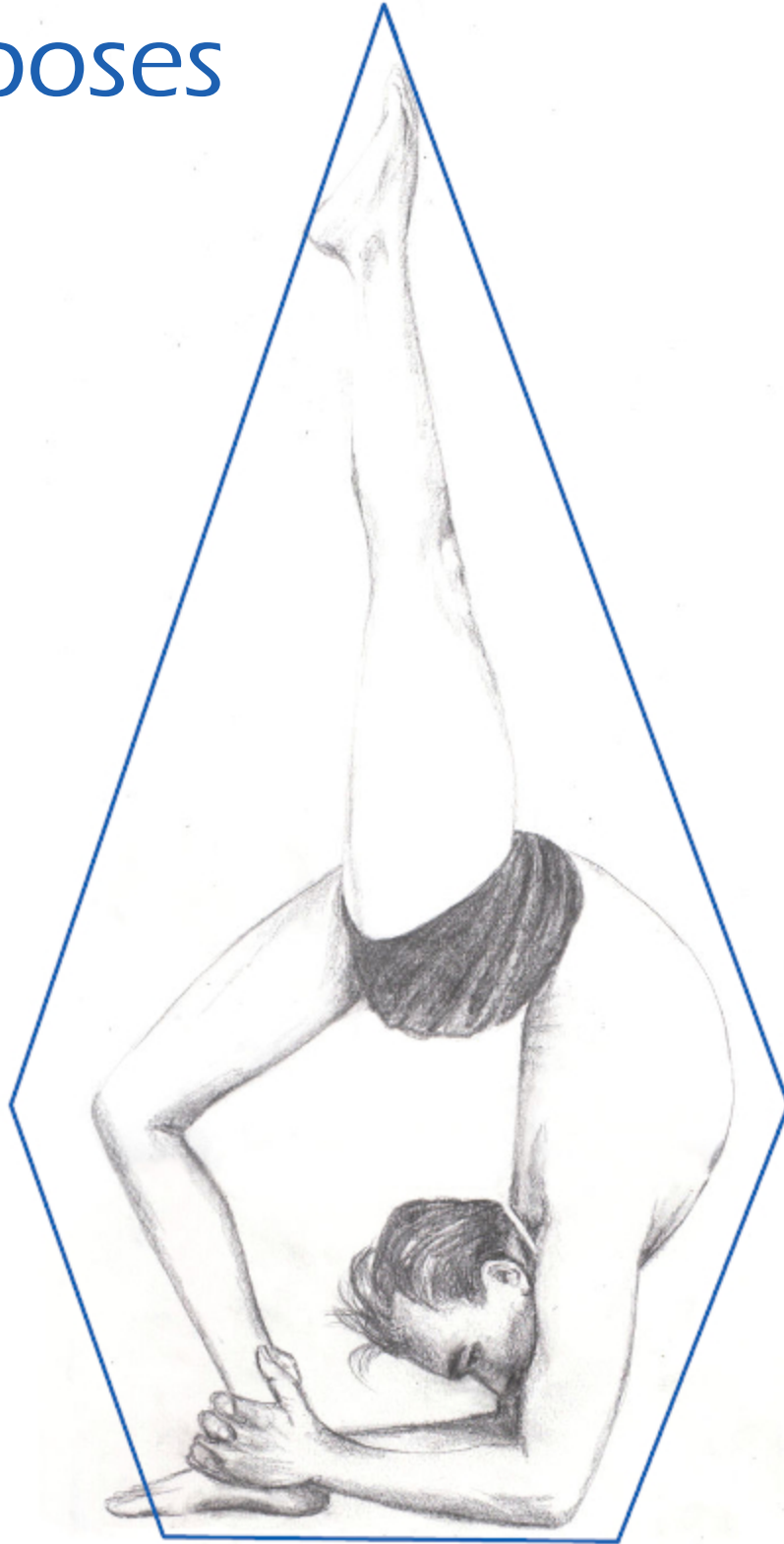


# Spacial geometry in Iyengar's yoga poses



In this one legged inverted pose, the leg strives up very straight- spine and head are facing downwards. Iyengar expresses a sense for above and below, he shapes a pentagon in the space, it's peak is very high and gives the pose a sensation for striving upwards.