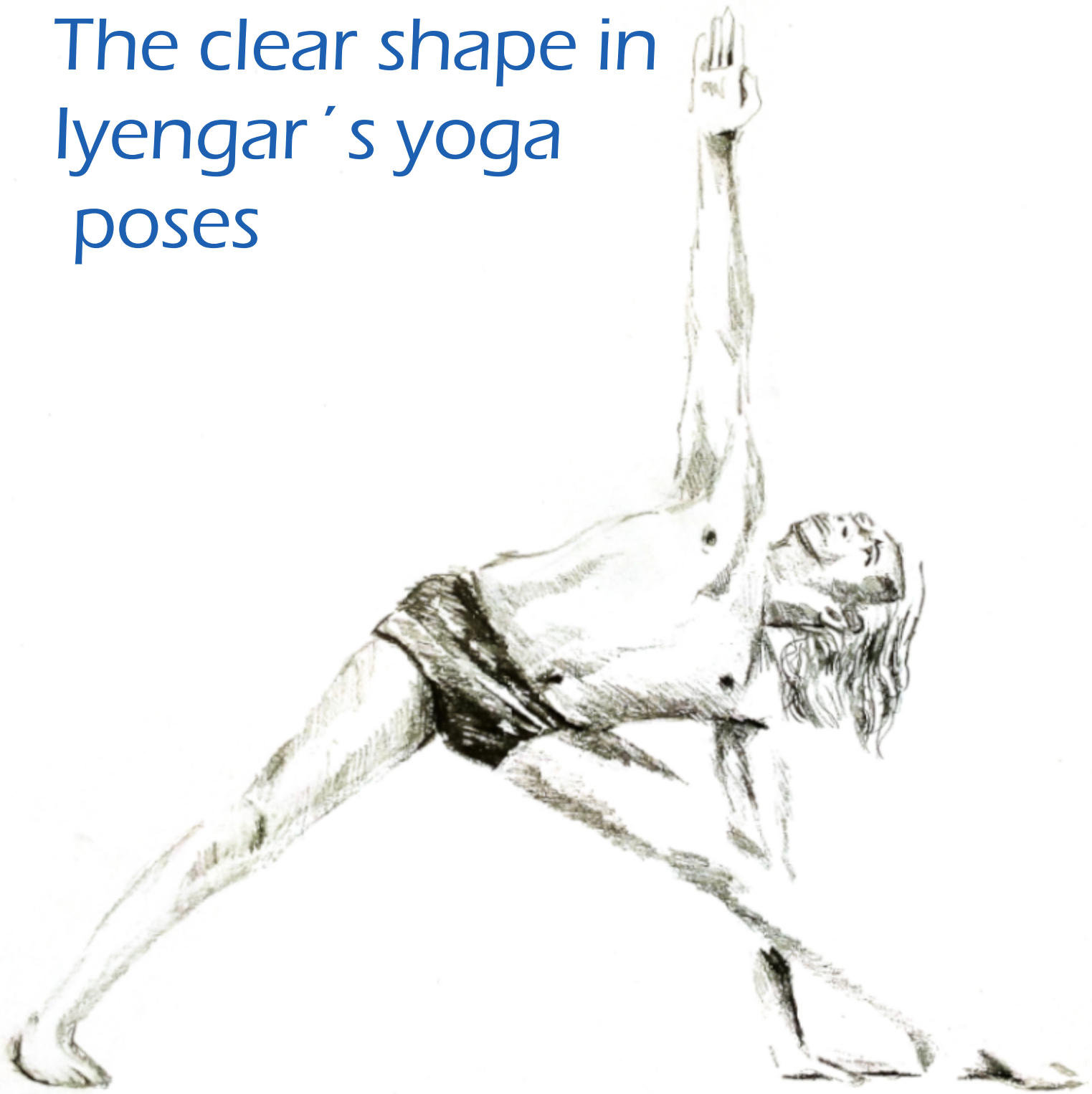


The clear shape in Iyengar's yoga poses



This triangle pose of BKS Iyengar expresses clearness and shape. The legs are spread widely and they are perfectly straight, the arms are in vertical extension. In this position one can see, the chest is included into the shape and connects legs with arms like a unifying middle part of the body.