

Little Teapot Triangle Pose

*I'm a little teapot short and stout.
Here is my handle.
Here is my spout.
When I get all steamed up, I reach
out.
Then tip me over and pour me out.*



With permission: <https://growfamilyvt.com/>

This pose will strengthen the core muscles of the body.

It stretches the side of the body, the legs, shoulders and chest.

Start in the star pose,

Turn one foot out

And reach down to the turned foot.

Exhale to go down and inhale to come up.

Repeat on other side.

