



# Adjusting Utthita Trikonasana

*A Conversation -  
Knoff Yoga Student Craig Armstrong and Master  
Teacher Nicky Knoff*

Dear Nicky/James

I have a question about adjusting a student who is in Utthita Trikonasana. I get some students going too deep in Trikonasana and their hip/buttocks go out to the side putting them out of alignment. Telling them to come up high seems to correct it. Are there other good verbal adjustments to use in this situation?

Kindest regards  
Craig

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*Dear Craig,*

*It is important to practice asana doing the right thing from the beginning and through the stages the asana takes to do. Tadasana spine is important. Utthita Trikonasana - from the ground up, Tadasana feet, wide apart, ankles in line with the wrists of the extended arms supported from triceps. Feet grounding and rebounding.*

*Going to the left. Right foot lift the heel slightly and bring it out a little so there is a slight angle in the foot. Often this is too much and throws the posture out, it has to be just the right amount. Left leg is rotated from the femur bone in the hip socket out to the left. The second toe, centre of the ankle, knee and head of the femur are all in perfect alignment. The second toe in line with the left heel both on the line, in line with the middle of the instep of the right foot.*

*Push back the head of both femur bones and maintain the action in the muscles of the legs. Gluteus, maximus, medius and minimus are all toned. In the left leg, this means there is space at the hip for the pelvis to tilt so that we can have a Tadasana spine tilted sideways in the asana.*

*No correction is necessary and if these steps are not followed it is almost impossible to correct the asana when the student is in the pose, we need to bring him/her back upright and start again, doing the correct movements step by step.*

*Keep up the good work,*

**Namaste**

*Nicky Knoff*

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*Director & Master Teacher*