



Yoga + Geometry

Find the Triangles

Step 1

Draw the hidden triangles



SIDE PLANK POSE WITH TOES



STARFISH POSE



DOWNWARD FACING DOG POSE

Brain Stretch

Flip this page over, and draw your favorite yoga pose. Can you find any hidden triangles?

If so, draw in the triangles.



WIDE WATERFALL BEND



WARRIOR THREE POSE



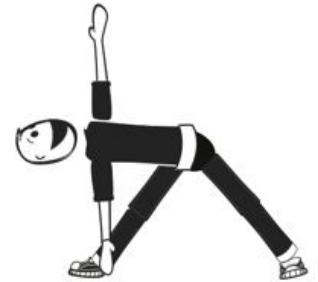
BOAT POSE



CHAIR POSE



TREE POSE



TRIANGLE POSE

Step 2

Which poses have multiple triangles?

For more resources and activities please visit https://bit.ly/MP_Resources

Yoga + Geometry

Measuring the Triangles

Directions

Use the diagram to answer the questions below.

1. Connect the dotted lines to create triangle ABC!
2. Measure the lengths of the sides of triangle ABC:

$\overline{AB} =$ _____

$\overline{BC} =$ _____

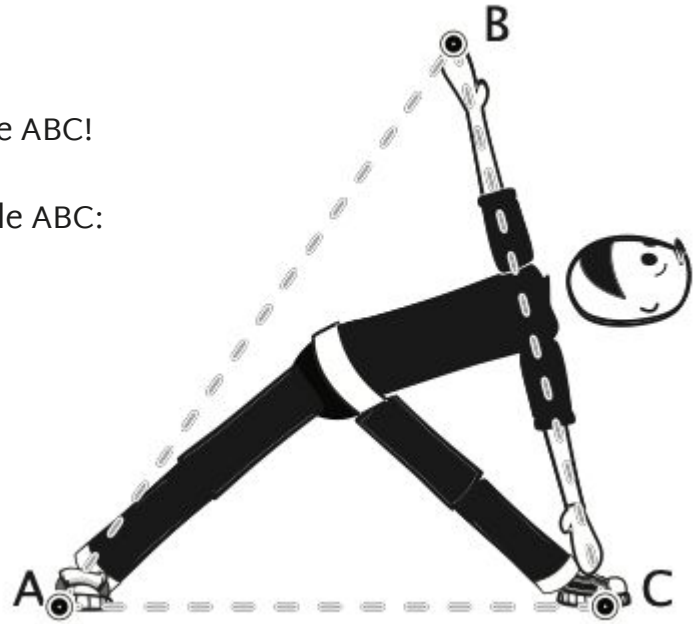
$\overline{CA} =$ _____

3. Measure the angles with a protractor:

∠ BAC = _____

∠ ABC = _____

∠ BCA = _____



Brain Stretch

In your group, can you find the area of your partner's triangle?

4. Add the angles to make sure they equal 180 degrees!
5. There are more triangles hidden in the big triangle. Can you find them and trace them?

Find a partner. One person does Triangle Pose while the partner measures the lengths of the sides of his triangle with a tape measure. **THEN SWITCH!**

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