Step 1
Draw the hidden triangles

Brain Stretch
Flip this page over, and draw your favorite yoga pose. Can you find any hidden triangles? If so, draw in the triangles.

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:
   - \( \angle BAC = \) ____________________
   - \( \angle ABC = \) ____________________
   - \( \angle BCA = \) ____________________

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?

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

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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