

Meeting: 1003, Atlanta, Georgia, MAA CP D1, MAA Session on Mathematics and Sports, I

1003-D1-543 **H Soto-Johnson*** (hortensia.soto@colostate-pueblo), 2200 Bonforte, Dept of Math,
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For years it has been known that triangulation determines the stability of polyhedra. The concept of triangulation and stability has been used in building bridges, windmills, etc. Not surprisingly, triangulation is the key to stability in yoga. I will provide different yoga poses and illustrate how triangulation and alignment is the key to stabilizing the pose. (Received September 21, 2004)