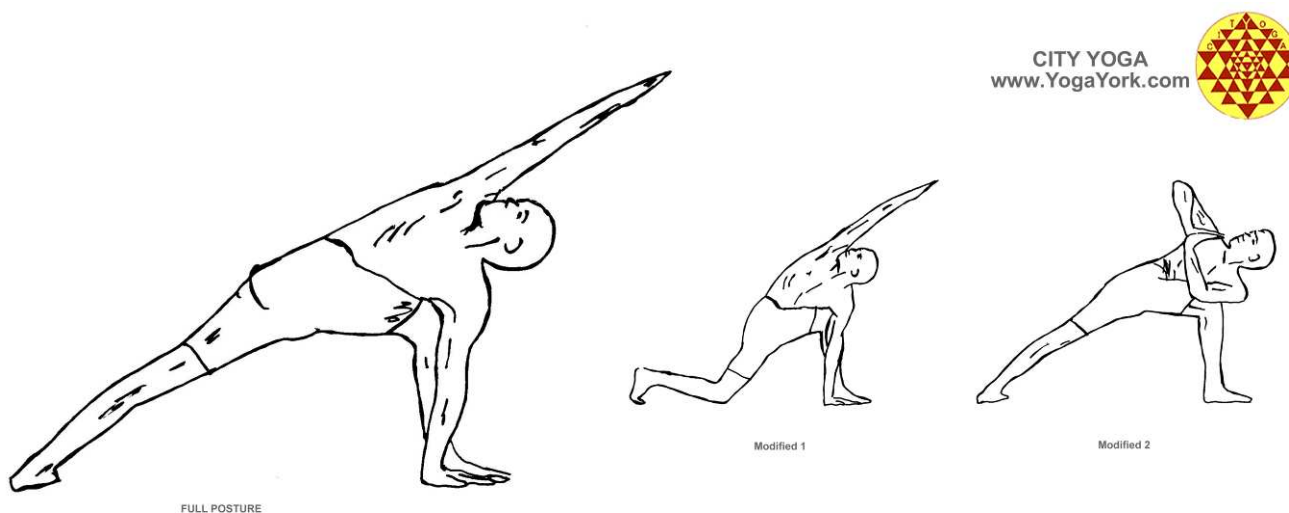


Parivrtta Parsvakonasana

Revolving Lateral Angle

This is the second twisting asana in the standing sequence and requires flexibility and strength to perform the posture correctly. The challenge of the posture is to twist down fully down into the foundations as you exhale and then maintain a constant flow of unrestricted breath, which gradually works to improve respiration. As the torso is turned blood circulation is stimulated to the internal organs, flushing them of toxins and boosting digestion. Leg strength is developed. At first this may not be possible so the modified posture should be performed until the body is open and strong enough to move into the full posture.



Entering the posture

From Utthita Parsvakonasana turn back onto the right foot taking the hips square with the end of the mat. Deeply exhale and rotate your left arm around until the arm is past the middle line of the right thigh. Use the right hand to keep the right leg in place. Bring the shoulder across the knee (or elbow across the knee if modifying). Place the hand to the outside of the foot. Finally bring the right arm away from the leg and reach out diagonally from the back foot.

Working within the posture

Rotate the right shoulder joint and feel the armpit open.

Completely twist and lengthen the thoracic spine while maintaining length of lumbar spine.

Maintain a strong line of energy from the back foot out through the extended arm and visa versa.

Inhale opening the top shoulder and turning deeper and exhale creating length by moving the knee forward for five deep breaths.

Recognise tension within the posture and work to release it.

Modified posture

This is a very strong and challenging posture. If you feel twisting or straining in the back knee, release the heel off the floor and let the knee touch down on the floor (modified 1). If the upper body is out of alignment then work into the twist with hands in prayer position (modified 2). Keep lifting and turning as the thumbs are brought to the centre of the chest.