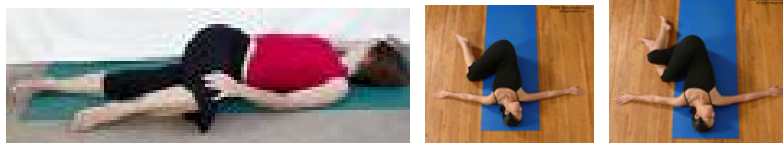


Pose of the Week 11-29-08

Supine Twist



Jathara Parivartanasana

(juht-HAR-uh par-ee-VAR-tuhn-AAh-suh-nuh)

jsathara = stomach or belly

parivartana = to roll or turn around

You will recognize this twist as the one we do as we begin to close the movement part of our practice. It cools and relaxes the body, nourishes the spine, opens the heart, and aids digestion. Pictured above are a few variations. One knee can cross the body (or both legs straight), both knees together, or the legs can be wrapped together like the legs from eagle pose. Always take a long spine into a twist. Let your hips freely rotate while the shoulders stay on the mat. One hip to the sky, one hip to the earth. Let this twist be a message to your body – we are winding down; relax, breathe and let go...

- Lubricates and nourishes the spine
- Stimulates digestion
- Releases tension

Primary Muscles – Pectorialis, Obliques, Neck, Glutes, Piriformis, Erector Spinae

Tips –

- Lengthen first
- Anchor the shoulders, rotate the hips
- Relax the hips, jaw, brow, anywhere you feel tension
- Let your breath flow smooth and deep
- Feel the release as you slowly unwind the twist

/let go completely.



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