



TWISTS & FORWARDS

– practice class #6

Sukhasana – sit tall, then twist each way to loosen up



Supta padangusthasana 1 – can help to have grounded leg foot against wall – keep chest lifted



Roll completely to side and place lifted leg foot on wall. Note lower leg foot has to turn.



Roll back, sliding upper torso across to wall a little, to feel revolution in abdomen = a different way into a version of parivrtta supta padangusthasana.



Lengthen the side trunk in adho mukha virasana



More lengthening of the spine in adho mukha svanasana



Dandasana, then also with arms raised as pictured = more length and lift to spine before twisting!



Marichyasana 3 sitting on height and using wall – starting to discover the twisting motion and how to access



Trikonasana – lengthen spine again – feel how there is a revolving movement here from the hips to turn up to face the ceiling, not just from the neck



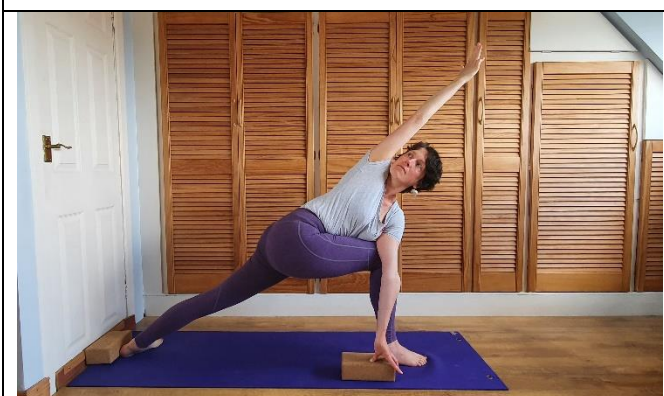
Parivrtta trikonasana – turning – bringing in the twisting actions from earlier poses.



Modify with a chair if it's too much – or maybe you just need hand on a brick



Parsvakonasana – you might need hand to a brick



Parivrtta parsvakonasana – again you may need brick as I show here – back foot to wall helps keep back leg alive and stable



One way you might do with a chair – just getting the twist – may need to lift back heel



Uttanasana – stretch elbows away to lengthen side trunk and move thoracic in



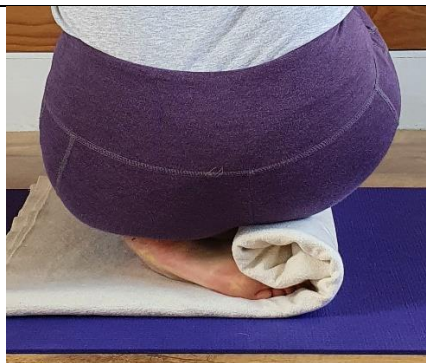
Sirsasana and parsva sirsasana – put a twist into your headstand if this is part of your practice. Can be done against wall, or on chairs as shown in a previous class.



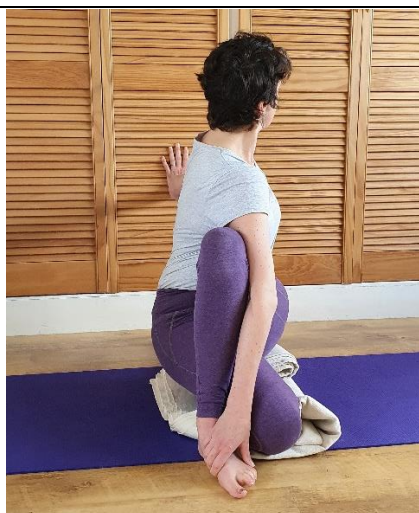
3 ways of placing your foot for ardha matsyendrasana

- 1) One sit bone on inner heel, other sit bone on big toe joint
- 2) One sit bone on inner heel, the other with rolled blanket on foot, especially if you can't turn foot fully – keeps hips level
- 3) On sit bone on heel, the other on brick – actually this brick is a little high for me as you can see the pelvis has tipped slightly to left

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Ardha matseyendrasana – here I'm using one hand on the wall to help twist. You could also put that back hand on a brick, or turn the whole pose and face the wall as you turn.



Alternative hand position



Marichyasana 3 – less height than I used at the start of practice – you might need supporting hand on brick



Marichyasana 1 turn only – one with bind, the other holding belt if you can't reach – aim to close the gap between trunk and bent leg



And forward – press upper arm against bent leg to help elongate spine forward



Paschimottanasana – sit on height if you need it



Setu bandha sarvangasana on a brick, feet to wall, hold mat to help curve spine and lift shoulder blades. If too strong, you could use blocks under the hips and/or a folded blanket under the shoulders. You can also do with bent legs (a supported chatushpadasana)



Try a contained savasana – tying legs at calf muscles (and/or mid-upper thigh), feet at wall, support for neck/head.