

How to:



Jathara Parivartanasana Reclining Twist

Adjustments and variations, prep and follow-up poses, advancements

Relevant Anatomy: Internal and external benefits / risks

Other Benefits to Class: spiritual, chakras, sequence development...

SHORT SCRIPT:

- Spread your arms out wide.
- Gently roll over on to your right hip, keep your legs a few inches off the ground.
- Keep both shoulders on the ground and turn your head toward the left hand.
- On the inhale breath, create space in the spine, on the exhale breath, relax a little deeper in the stretch.

MY EXTENDED SCRIPT (what I like to talk about in this pose)