






Twist into a New Direction




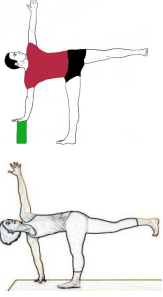
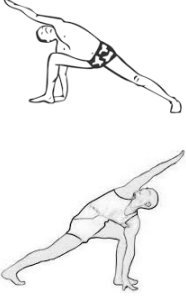
Begin with the Invocation. Or sit quietly, settled yet tall. Consider the changes you'd like to make in your life, your health, and your outlook.

In all twisting poses, we should use inhalations to extend the spinal column and the trunk. Also, inhalation is when we press the shoulder blades from the back to the front. Always turn the neck last, never lead with the head and neck.

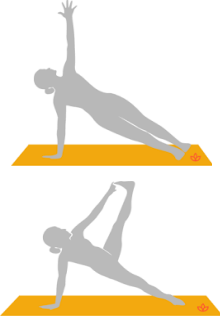

Have a chair near-by for this sequence. If you don't have a proper "yoga chair", any steady firm chair will do.

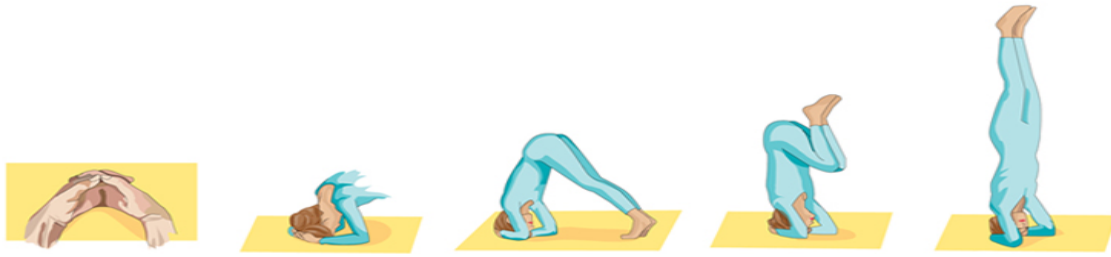
<p>Chair Bharadvajasana</p> <p>Do both sides at least twice.</p> <p>If not doing the floor twists do the chair pose many more times</p>	<p>Sit sideways in the chair</p> <p>Hold bolster or rolled blanket between knees</p> <p>Initially hold the backrest of the chair with both hands</p> <p>One hand can be moved to chair seat for more intensity</p>	
<p>Utthita Marichyasana</p> <p>Do both sides at least twice.</p> <p>If not doing the floor twists do the chair pose many more times</p>	<p>Move chair near the wall</p> <p>Place sticky mat then blocks on the chair seat</p> <p>Place wall side foot on blocks and use wall for greater turning</p>	
<p>Bharadvajasana I</p> <p>Do both sides at least twice</p>	<p>Sit on blankets to level the hips</p> <p>Inhale create height and space</p> <p>Exhale a bit forcibly and deeply squeeze clean the abdominal organs</p>	
<p>Marichyasana III</p> <p>Do both sides at least twice, more is better</p>	<p>Sit on height</p> <p>Lean back to create space for your abdomen. Then hook an arm around lifted knee</p> <p>Then sit upright, Exhale strongly to deepen the abdominal twist.</p>	
<p>Parsva Bakasana</p> <p>A few fun attempts</p>	<p>If needed, use the wall to support feet</p> <p>Exhale, then shift into a twisted arm balance</p>	

3 Standing Poses that first twist upwards, then down and around.
Study the different effects of twisting the torso with different standing positions.

<p>Utthita Trikonasana Parivrtta Trikonasana</p> <p>Do both together 2 or 3 times</p>	<p>Use wall for back heel, keep back leg strong for both</p> <p>1st open triangle twist chest and pelvis towards ceiling</p> <p>2nd revolved triangle Start with top hand on waist until you have exhaled a few times to improve the twist. Then try stabilizing with the top arm reaching high</p>	
<p>Ardha Chandrasana Parivrtta Ardha Chandrasana</p> <p>Do both a few times</p>	<p>To assist balance keep abdomen withdrawn.</p> <p>1st open chest and pelvis towards the ceiling. Use a wall for balance if needed</p> <p>2nd Start with top hand on waist or wall, use exhalation to twist more completely</p>	
<p>Utthita Parsvakonasana Parivrtta Parsvakonasana</p>	<p>Keep front leg bent into 90° angle Back leg straight</p> <p>1st revolve pelvis and chest towards the ceiling</p> <p>2nd hook arm, deeply exhale, keep the top hand on waist until stabilized</p>	

Coming next is the headstand. If you don't do headstand you can practice the lead up to headstand below.

<p>Vasisthasana</p>	<p>Not technically a twist</p> <p>The whole-body twists away from the familiar orientation.</p> <p>Keep tailbone and abdomen drawn in</p> <p>Carry forward the tailbone and abdomen actions into down-dog and headstand.</p>	
<p>Adho Mukha Svanasana</p>	<p>Lengthen the torso.</p> <p>Withdraw the abdomen</p> <p>Ask your body how recent twists have assisted your downward dog.</p>	



If you are new to headstand just begin the first three stages. The beginning stages set the stage for your future headstand. Keep your shoulders lifted and your abdomen tucked in.

Those who practice headstand can add some twists while on your head. Stabilize your headstand for 3 minutes or so before attempting the twists. Keep the shoulders lifted and the tailbone drawn in. If using the wall you must twist first before splitting the legs. Use mindful breathing to execute your headstand twists.

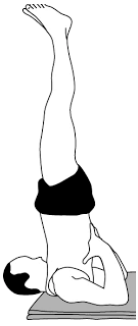


<p>Parsva Sirsasana</p>	<p>When inhaling refine all points for headstand</p> <ul style="list-style-type: none"> • Shoulders up • Tailbone and abdomen withdrawn • Legs turned in and straight <p>While exhaling smoothly revolve in stages</p>	
<p>Pārsvaika Pada Sirsasana</p>	<p>Maintain shoulders up Take back leg first Turn in the direction of the front leg</p> <p>Use your breath judiciously</p>	

After Sirsasana rest with head down for a bit.





Then prepare for Sarvangasana or Setubandha Sarvangasana using blocks or bolsters and blankets. Hold for 5 minutes or more.



Salamba Sarvangasana	<p>Keep tailbone and abdomen withdrawn</p> <p>Lengthen torso towards feet</p>	
Halasana	<p>Raise back upward</p> <p>Straighten your knees</p> <p>Follow your breath movement up your back body</p> <p>Withdraw your abdomen</p>	
Parsva Halasana		

Compare these last two forward bends to your opening standing poses. First twist up, then down and around. Use height under hips, strap to reach foot if needed, and head support. Lengthen when you inhale, twist as you exhale.

Parivrtta Janu Sirsasana	<p>Turn pelvis and chest to the ceiling</p> <p>Start with top hand on waist</p> <p>Use exhalation to turn more</p>	
Janu Sirsasana	<p>Withdraw abdomen.</p> <p>Extend sides when inhale.</p> <p>Revolve chest and abdomen towards the straight leg.</p>	

Complete your practice with a carefully placed Savasana. Quietly extend the duration of your exhalations.

