

SITTING ASANAS

Ardha Matsyendrasana (Half Spinal Twist Pose)



Technique: Sit with the legs stretched out in front of the body. Bend the right leg and place the right foot flat on the floor on the outside of the left knee. The toes of the right foot should face forward.

Bend the left leg and bring the foot around to the right buttock. The outside edge of the foot should be in contact with the floor.

Pass the left arm through the space between the chest and the right knee, and place it against the outside of the right leg.

Hold the right foot or ankle with the left hand so that the right knee is close to the left armpit. Sit up as straight as possible.

Raise the right arm in front of the body and gaze at the fingertips. Slowly twist to the right, simultaneously moving the arm, trunk and head and keep it folded behind the back.

Use the left arm as a lever against the right leg to twist the trunk as far as possible without using the back muscles.

Look over the right shoulder. Do not strain the neck.

Remember

- ✓ If one cannot reach the opposite ankle or toes in the twist, adjust the position of the hands to a convenient point while maintaining the twist
- ✓ While twisting back ward twist the back bone turning well. Before resorting to the practice of this Asana practice Vakrasana.

Physical Benefits

- ✓ Improves spine mobility and elasticity
- ✓ The ligaments attached to the spine receive a rich supply of blood
- ✓ Lateral stretching helps to relieve lumbago and muscular rheumatism
- ✓ Joints are lubricated well
- ✓ The roots of the spinal nerves are toned and receive a fresh oxygen supply
- ✓ Improves circulation as there is an aerobic effect on the body
- ✓ Soothes upper back tension and stiff neck caused by poor posture or sedentary lifestyle
- ✓ Corrects irregular menstrual

Limitation:

- ✓ Pregnant women should avoid this practice.
- ✓ People suffering from peptic ulcer, hernia or hyperthyroidism should only practice this pose under the guidance of a competent teacher.