

Twist Themed Yoga

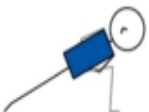

Image	Pose	Description
	Bound Revolved Side Angle	<p>From Warrior II, bend front knee. Spin to ball of back foot as torso lowers down onto thigh, opening heart centre to the sky. Lower bottom hand to inside of thigh with palm planted firmly. At same time reach top arm and hand up and overhead extending in a straight line towards the front. To take the bind wrap top arm around and under backside of torso. Grasp bottom hand at wrist. Minimise lateral flexion of spine while rotating torso open. Press elbow and shoulder against bent knee in an isometric contraction to keep knee aligned and leverage rotation of torso. Gaze to upper fingertips. Neck is relaxed. Lengthen and soften belly. Extend spine with each inhale. Increase twist with each exhale. Switch sides.</p> <p>Benefits: Uses all muscles.</p> <p>Video: https://www.youtube.com/embed/saPd1LbRpP4</p> <p>Modifications: Block or prop to support heel. Perform with Anjali Mudra.</p> <p>Precautions : Neck, lower back injury. Headache. High or low blood pressure.</p>
	Half Lord Of The Fishes IV	<p>Sit with legs straight. Raise right knee. Place right foot on outside of left leg. Bend left leg. Place left foot outside of right hip. Place right arm behind. Raise left arm. Hook elbow behind knee. Twist to right. Ground sitting bones into floor. Lengthen through spine. Twist on each exhale. Repeat on other side.</p> <p>Alternatives: Easy. Hero. Half Lotus.</p> <p>Benefits: Stretches shoulders, hips, neck, spine. Sciatica.</p> <p>Video: https://www.youtube.com/embed/OMGUMuUbK4Q</p> <p>Modifications: Twist on a chair.</p> <p>Precautions : Back or spine injury.</p>



Image	Pose	Description
	Half Spinal Twist	<p>Bring legs into Half Virasana (Hero) and Half Lotus. With the right leg in Half Lotus, wrap right arm behind back to bind right foot. Tuck left hand under right knee. Press left hand flat. Lengthen torso. Open chest as you twist to the right. Hold. Switch sides.</p> <p>Alternatives: Sage.</p> <p>Benefits: Engages core. Improves digestion. Stretches spine, shoulders.</p> <p>Video: https://www.youtube.com/embed/Z43c1aeAMeM</p> <p>Modifications: Sit on edge of folded blanket.</p> <p>Precautions : Back or spine injury.</p>
	Revolved Side Angle I	<p>Stand in Mountain. Feet wide apart. Arms to waist. Rest hands on sides of hips. Turn both right foot and left foot outwards. Keep heels aligned. Firm up thighs. Keep right ankle aligned with centre of kneecap. Bring right thigh parallel to inner part of right foot and press it upwards. Extend left heel while pushing tailbone towards pubis. Lean torso downwards while turning further to right. Place left hand on floor. Place right hand next to right foot. Push thighbone towards floor. Lean torso towards back. Turn head towards right. Fix gaze on right arm. Soften abdomen. Extend spine. Twist torso. Hold. Switch sides.</p> <p>Benefits: Uses all muscles.</p> <p>Video: https://www.youtube.com/embed/DePdxjk_ZaI</p> <p>Modifications: Block or prop to support heel. Perform with Anjali Mudra.</p> <p>Precautions : Neck, lower back injury. Headache. High or low blood pressure.</p>




Image	Pose	Description
	Revolved Side Angle II	<p>If in full Revolved Side Angle, you have trouble balancing bring knee to mat. Stabilise front leg by pressing inner thigh down. Press down through root of big toe. To deepen the twist as you bind, keep outer thigh strong and press arm against outer thigh. Use bottom shoulder pull bottom side of ribcage past thigh. Pull top shoulder and top side of ribcage back. Hold. Switch sides.</p> <p>Alternatives: Revolved Side Angle.</p> <p>Benefits: Uses all muscles.</p> <p>Video: https://www.youtube.com/embed/DePdxjk_Zal</p> <p>Precautions : Neck, lower back injury. Headache. High or low blood pressure.</p>
	Sage Marichi C	<p>Start in Dandasana. Bend right knee placing foot flat on floor. Keep some space between left thigh & right foot. Lengthen spine & lift right arm. Rotate to right bringing right hand or fingertips to floor behind you. Bring left arm across body pressing upper arm against outer right knee. Bend left elbow so that fingertips point to ceiling. Lengthen spine. Deepen twist turning the head last. Keep outstretched leg and foot active without locking back of knee. Hold. Repeat on other side.</p> <p>Benefits: Engages core. Cures gaseous movements in stomach.</p> <p>Video: https://www.youtube.com/embed/WFZPI77gpeI</p> <p>Modifications: Rotate head counter to torso (when you rotate torso to the right, rotate head left and gaze over left big toe).</p> <p>Precautions : Knee injury.</p>
	Sage Marichi D	<p>Start in Staff (legs extended). Place left foot close to right upper thigh near left hip joint. Bend right leg at knee. Place right foot on floor. Press left foot deeper with right thigh. Turn towards right side with torso while holding right knee in inside of left elbow. Interlock hands behind you. Keep balance on left hip while gazing behind with arms interlocked behind. Hold.</p> <p>Benefits: Engages core. Cures gaseous movements in stomach.</p> <p>Video: https://www.youtube.com/embed/hV_tBVUCTM4</p> <p>Modifications: Support knee with cushion. Seated twists on a chair. Easy pose twist. Half lord of the fishes pose.</p> <p>Precautions : Knee injury.</p>

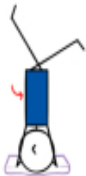
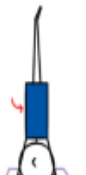
Image	Pose	Description
	Headstand Leg Twist	<p>Kneel. Place crown of head onto mat in front of hands (hands don't touch head). Interlock fingers. Tuck chin to chest. Lift knees. Walk toes toward elbows. Push down into elbows (shoulders lift away from ears). Hug upper arms. Raise both legs into headstand. Take left leg behind and right leg forward. Turn legs, hips, waist and ribs to right. Repeat on other side. Engage core. Elbows hold most of the weight. If you lose balance, tuck and roll body forward.</p> <p>Alternatives: Use a wall.</p> <p>Benefits: King of Asanas. Glowing skin. Engage core.</p> <p>Video: https://www.youtube.com/embed/pZgeoRPr0IY?rel=0</p> <p>Modifications: Any headstand variation.</p> <p>Precautions : Neck injury. Lightheaded. HBP. Pregnant.</p>
	Headstand Bound Twist	<p>Kneel. Place crown of head onto mat in front of hands (hands don't touch head). Interlock fingers. Tuck chin to chest. Lift knees. Walk toes toward elbows. Push down into elbows (shoulders lift away from ears). Hug upper arms. Raise both legs into headstand. Turn hips, waist and ribs to right (then to the left). Engage core. Elbows hold most of the weight. If you lose balance, tuck and roll body forward.</p> <p>Alternatives: Use a wall.</p> <p>Benefits: King of Asanas. Glowing skin. Engage core.</p> <p>Video: https://www.youtube.com/embed/pZgeoRPr0IY?rel=0</p> <p>Modifications: Any headstand variation.</p> <p>Precautions : Neck injury. Lightheaded. HBP. Pregnant.</p>




Image	Pose	Description
	Shoulder Gyan Twists	<p>Sit with legs crossed. Place hands in Gyan Mudra (index fingers touching thumbs). Raise forearms so fingers point up. Inhale and twist left. Exhale and twist right. Repeat. Eyes closed. Focus on 3rd Eye. Come back to start. Hold breath. Stomach sucked in. Squeeze mula bandha (suck navel toward spine, squeeze rectal and sex organs). Release.</p> <p>Alternatives: Hero. Perfect. Lotus.</p> <p>Benefits: Stimulate lower and mid spine. Supply oxygen to blood. Releases feel happy endorphins.</p> <p>Video: https://www.youtube.com/embed/jjKg5-gDFkk</p> <p>Modifications: Increase and decrease movement.</p> <p>Precautions : Knee injury. If dizzy slow the movement.</p>
	Shoulder Twists	<p>Sit with legs crossed. Grasp shoulders with fingers in front and thumbs back. Inhale and twist left. Exhale and twist right. Repeat. Keep elbows high with arms parallel to ground. Keep eyes closed. Focus on 3rd Eye. Come back to start. Hold breath. Stomach sucked in. Squeeze mula bandha (suck navel toward spine, squeeze rectal and sex organs). Release.</p> <p>Alternatives: Hero. Perfect. Lotus.</p> <p>Benefits: Stimulate lower and mid-spine. Supplies oxygen to the blood. Releases feel happy endorphins.</p> <p>Video: https://www.youtube.com/embed/jjKg5-gDFkk</p> <p>Modifications: Increase and decrease movement.</p> <p>Precautions : Knee injury. If dizzy slow the movement.</p>
	Lying Twist Partner	<p>Partner A lies on their back with arms out horizontally and brings their knees over to one side. Partner B kneels next to Partner A and presses onto their shoulder and thigh to deepen the twist. Partner B asks Partner A when to stop leveraging the twist. Repeat on the other side.</p> <p>Benefits: Relief from sciatica and lower back pain.</p> <p>Video: https://www.youtube.com/embed/XADHssreEyQ</p> <p>Precautions : Back injury.</p>




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	Seated Twist Partner	<p>Sit cross legged, back to back with your partner. Reach arms up. Press into shoulder blades of your partner. Lower arms and bring palms together with your partner. Twist to right. Take hand to partner's thigh. Press down on your own thigh to give leverage to the twist. Repeat on other side.</p> <p>Benefits: Relief from sciatica, lower back pain and neck pain.</p> <p>Video: https://www.youtube.com/embed/y8IA_xtUjlc</p> <p>Precautions : Back injury.</p>
	Revolved Pigeon	<p>Start on all fours with hands below shoulders. Bend right knee and slide it forward between hands (heel under left hip). Extend left leg behind you with toes tucked under. Hips face forward. Bring right elbow to outside of left knee. Palms in prayer. Twist to left from deep in your belly. Release. Repeat on other side.</p> <p>Benefits: Stretches thighs, psoas, abs, chest, shoulders, neck.</p> <p>Video: https://www.youtube.com/embed/o0_WUu8dFn8</p> <p>Modifications: Hold onto back foot with one (or two) hand. Folded blanket under hip</p> <p>Precautions : Ankle or knee injury.</p>
	Revolved Head To Knee	<p>Seat with legs crossed. Extend right leg to side. Bring the left foot in close to hips. Side right arm over right leg with right palm facing up. Reach left fingers up, lifting out of waist. Arch to right. Reach left fingers towards right foot. Bring left arm over left ear. Keep left shoulder pressing back. Chest open and facing forward. Keep chin off chest. Look up. Hold on to foot with 1 or 2 hands. Switch sides.</p> <p>Benefits: Stretches spine, shoulders, hams. Stimulates abs.</p> <p>Video: https://www.youtube.com/embed/2tfBrecL64k?rel=0</p> <p>Modifications: Strap around foot. Bottom arm to opposite knee.</p> <p>Precautions : Knee or back injury.</p>




Image	Pose	Description
	Revolved Staff	<p>Sit on floor. Extend legs. Legs together. Toes flexed. Turn torso right. Place left palm on right knee. Place right hand behind with palm on floor. Straighten spine. Exhale, twist torso to right. Turn head towards right shoulder. Hold. Release.</p> <p>Benefits: Posture. Spine flexibility. Strengthens back, shoulders, abs.</p>
	Half Lord Of The Fishes II	<p>Seat with legs crossed. Extend right leg to side. Bring the left foot in close to hips. Hold right foot with right hand (wrap fingers around big toe). Engage core. Lift chest. Twist to the left. Switch sides.</p> <p>Alternatives: Half Lord Of The Fishes pose.</p> <p>Benefits: Stretches shoulders, hips, neck, spine. Sciatica.</p> <p>Video: https://www.youtube.com/embed/8nIVflo8sXA?rel=0</p> <p>Modifications: Look to side (verses behind).</p> <p>Precautions : Back or spine injury.</p>
	Half Lord Of The Fishes III	<p>Seat with legs crossed. Extend right leg to side. Bring the left foot in close to hips. Hold left knee with right hand. Raise left hand. Twist to the left. Engage core. Lift chest. Switch sides</p> <p>Alternatives: Easy pose twist</p> <p>Benefits: Stretches shoulders, hips, neck, spine. Sciatica.</p> <p>Video: https://www.youtube.com/embed/8nIVflo8sXA?rel=0</p> <p>Precautions : Back or spine injury.</p>


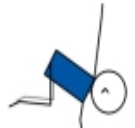

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	<p>Staff Twist Knees Bent</p>	<p>Sit upright in staff pose. Bend knees. Reach arms straight in front at shoulder height. Rotate head, neck upper spine to left (look at wall behind you). Return to start. Repeat on right side.</p> <p>Benefits: Spine mobility. Back health. Aids digestion. Strong core.</p> <p>Video: https://www.youtube.com/embed/4oMLMT_PmyU</p> <p>Modifications: Practice the pose standing or kneeling.</p> <p>Precautions : Back or spine injury.</p>
	<p>Thread The Needle Arm Up</p>	<p>Get on hands and knees. Slide right hand between left hand and left knee. Slide arm out to left (right shoulder and side of head rest on floor). Reach left hand up. Reach out through the fingers. Hold. Switch sides.</p> <p>Alternatives: Extended Puppy.</p> <p>Benefits: Stretches shoulders, arms, upper back, neck.</p> <p>Video: https://www.youtube.com/embed/nNICdJLGuAw</p> <p>Modifications: Folded blanket under knees.</p> <p>Precautions : Knees, shoulders, or neck injury.</p>
	<p>Thread The Needle</p>	<p>Start in Child pose (kneel with arms out stretched, forehead on mat). Bring right arm underneath body with palm facing up. Drop right shoulder to mat and gaze at left hand. Hold. Switch sides.</p> <p>Alternatives: Extended Puppy.</p> <p>Benefits: Stretches shoulders, arms, upper back, neck.</p> <p>Video: https://www.youtube.com/embed/CiCbZ94TU18</p> <p>Modifications: Folded blanket under knees.</p> <p>Precautions : Knees, shoulders, or neck injury.</p>



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	Bound Extended Side Angle	<p>Start in Warrior II. Bend left leg. Right leg straight and foot turned in. Arms shoulder height. Left arm under left thigh. Right arm behind back. Clasp left wrist with right hand. Twist torso up and press hips forward. Gaze over right shoulder. Switch sides.</p> <p>Alternatives: Extended side angle. High or low lunge.</p> <p>Benefits: Stretches abs, legs, groins, hams. Opens chest, shoulders. Strengthens legs, knees, and ankles.</p> <p>Video: https://www.youtube.com/embed/saPd1LbRpP4</p> <p>Modifications: Hold onto a strap with each hand.</p> <p>Precautions : Knee or neck injury. High or low blood pressure.</p>
	Bound Triangle	<p>Stand tall. Spread legs wide. Back toes angled slightly forward. Front toes point forward. Bend front knee. Reach left arm under left leg. Reach right arm around to clasp fingers of left hand. Open chest. Lengthen forward leg into class Triangle position. Feel chest opening deeper on each exhale. Switch sides.</p> <p>Alternatives: Triangle. Extended side angle. Lunge.</p> <p>Benefits: Stretches abs, legs, groins, hams. Opens chest, shoulders. Strengthens legs, knees, ankles.</p> <p>Video: https://www.youtube.com/embed/AbvIY-CZEVs</p> <p>Modifications: Use a strap.</p> <p>Precautions : Knee or neck injury. High or low blood pressure.</p>



Image	Pose	Description
	Extended Side Angle	<p>Start in Downward Facing Dog. Step right foot forward next to right hand. Bend right knee. Right hand inside right foot. Left arm up (form line with body). Open chest. Repeat on left.</p> <p>Alternatives: High or Low Lunge.</p> <p>Benefits: Stretches legs, groins, and hamstrings. Opens chest and shoulders.</p> <p>Video: https://www.youtube.com/embed/0lfzG9jH6cM</p> <p>Modifications: A) Using wall for back support. B) Using wall for extended arm support. C) Block placed by foot. D) Place a chair in front of bent knee for extra support making sure chair does not move. E) Place bent thigh over a chair. F) Keep arm on thigh (instead of placing palm on the mat). G) Gaze down instead of up. H) Place hand in front of foot instead of behind.</p> <p>Precautions : Knee injury.</p>
	Extended Side Angle Elbow On Thigh	<p>Start in Downward Facing Dog. Step right foot forward next to right hand. Bend right knee. Right elbow on right thigh. Left arm up (form line with body). Open chest. Repeat on left.</p> <p>Alternatives: High or Low Lunge.</p> <p>Benefits: Stretches legs, groins, and hamstrings. Opens chest and shoulders.</p> <p>Video: https://www.youtube.com/embed/qgd25hEbnXk</p> <p>Modifications: A) Using wall for back support. B) Using wall for extended arm support. C) Block placed by foot. D) Place a chair in front of bent knee for extra support making sure chair does not move. E) Place bent thigh over a chair. F) Keep arm on thigh (instead of placing palm on the mat). G) Gaze down instead of up. H) Place hand in front of foot instead of behind.</p> <p>Precautions : Knee injury.</p>



Image	Pose	Description
	Extended Side Angle Knee Bent	<p>Start in Downward Facing Dog. Step right foot forward next to right hand. Bend right knee. Right hand inside right foot. Left arm up (form line with body). Bring left knee to mat. Open chest. Switch sides.</p> <p>Alternatives: Extended side angle. High or low lunge.</p> <p>Benefits: Stretches legs, groins, hams. Opens chest, shoulders.</p> <p>Video: https://www.youtube.com/embed/qgd25hEbnXk</p> <p>Modifications: A) Using wall for back support. B) Using wall for extended arm support. C) Block placed by foot. D) Place a chair in front of bent knee for extra support making sure chair does not move. E) Place bent thigh over a chair. F) Keep arm on thigh (instead of placing palm on the mat). G) Gaze down instead of up. H) Place hand in front of foot instead of behind.</p> <p>Precautions : Knee injury.</p>
	Extended Triangle	<p>From Warrior II straighten front leg (right leg). Reach right arm forward. Drop right hand onto shin or ankle. Left shoulder stacks on top of right. Reach left fingertips upwards. Gaze at fingertips. Slightly bend right knee. Repeat on left.</p> <p>Benefits: Strengthen legs. Stretches groins, hams, hips. Chest opener.</p> <p>Video: https://www.youtube.com/embed/6xKznn99qd4?rel=0</p> <p>Modifications: Use a block.</p>



Image	Pose	Description
	<p>Goddess Twist</p>	<p>Stand tall. Arms by sides. Step feet out wide. Turn toes out slightly. Bend knees and lower hips into a squat. Thighs parallel to floor, but not into a deep squat. Tuck tailbone. Press hips forwards. Draw thighs back. Knees in line with toes. Soften shoulders. Gaze softly. Hands on thighs. Twist upper body to right. Gaze behind shoulder. Hold. Switch.</p> <p>Benefits: Hip & chest opener. Strengthens thighs, buttocks, hamstrings. Ease back pain. Detoxify body. Stimulate digestion & circulation.</p> <p>Video: https://www.youtube.com/embed/wgXefCprLm0</p> <p>Modifications: A) If squat is difficult sit on front edge of chair. B) Come onto tiptoes. C) Hands resting on thighs in Aakash Mudra (join and press tip of third finger with a tip of thumb). D) Raise up on toes and cross arms. Gaze down at mat. E) Goddess with a twist. F) Back against a wall. G) Gentle Goddess (don't lower into full squat). H) Raise arms overhead. I) Raise arms parallel to the mat with palms facing away and fingers pointed up. J) Goddess pose with eagle arms (arms interlocked).</p> <p>Precautions : Knee, leg or shoulder injury.</p>
	<p>Low Lunge Kneeling Twist</p>	<p>Start in Down Dog. Step right foot forward next to right hand. Release back knee to the mat. Plant left palm on ground in line right foot, under shoulder. Lift right arm to ceiling. Open chest. Switch sides.</p> <p>Alternatives: Extended side angle. High or low lunge.</p> <p>Benefits: Stretches legs, groins, hams. Opens chest, shoulders.</p> <p>Video: https://www.youtube.com/embed/wYTgoLQ5EWU</p> <p>Modifications: Block under hand.</p> <p>Precautions : Knee injury.</p>



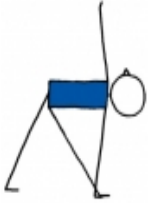
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	Lunge Twist	<p>Stand in a lunge with left leg in front and right knee raised off the floor. Gently twist to left side. Keep right elbow on left thigh. Place hands in namaste mudra (prayer). Root the back foot into the ground. Gaze up. Hold. Repeat on other side (e.g. by going into Downward Facing Dog and bringing right leg in front).</p> <p>Benefits: Uses all muscles.</p> <p>Video: https://www.youtube.com/embed/tfQ3CWUlozQ</p> <p>Modifications: A) Standing twist. B Seated twist. C) Don't look up (look at the mat).</p> <p>Precautions : Headache. High or low blood pressure.</p>
	Revolved Wide Leg Forward Bend	<p>Start in Mountain. Widen legs. Toes pointing straight ahead (not splayed out). Root down. Fold forward. Walk hands forward until hands are under shoulders. Left hand to middle of your stance (in line with your face). Right hand on pelvis. Twist to the right raising right arm up. Release. Switch sides.</p> <p>Alternatives: Forward Bend.</p> <p>Benefits: Strengthens and stretches legs, spine. Tones abs.</p> <p>Video: https://www.youtube.com/embed/sT17dMA16Mo</p> <p>Modifications: Raise hands on block.</p> <p>Precautions : Low back injury.</p>
	Revolved Triangle	<p>Stand in Mountain. Step feet wide apart. Raise arms parallel to floor. Reach them out to sides. Palms down. Turn left foot in 45 degrees to right. Right foot to right 90 degrees. Align right heel with left heel. Turn torso to right. Square hips with front edge of mat. Turn torso to right. Left hand to floor. Hold. Repeat on other side.</p> <p>Benefits: Strengthens legs. Stretches legs, hips, spine. Opens chest.</p> <p>Video: https://www.youtube.com/embed/MeSx53eoXok?rel=0</p> <p>Modifications: Hand higher up leg. Hand on block. Back heel against wall.</p> <p>Precautions : Back injury.</p>


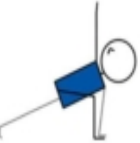

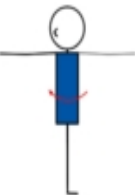
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	Revolved Side Angle IV	<p>Stand in a lunge (left leg in front and right knee raised off floor). Place right hand on mat directly under shoulder. Inhale, raise left arm (feel right ribs moving towards inner left thigh). Back knee on mat. Chest open. Gaze up. Switch legs.</p> <p>Benefits: Spine strengthened & opened. Hip opener. Strengthen legs. Improves balance. Calms nervous system.</p> <p>Video: https://www.youtube.com/embed/qPDfEKtkTxc</p> <p>Precautions : Headache. High or low blood pressure.</p>
	Revolved Side Angle III	<p>Stand in a lunge (left leg in front and right knee raised off floor). Place right hand on mat directly under shoulder. Inhale, raise left arm (feel right ribs moving towards inner left thigh). Back leg strong and lifted. Chest open. Gaze up. Switch legs.</p> <p>Benefits: Spine strengthened & opened. Hip opener. Strengthen legs. Improves balance. Calms nervous system.</p> <p>Video: https://www.youtube.com/embed/qPDfEKtkTxc</p> <p>Modifications: Keep knee on mat.</p> <p>Precautions : Headache. High or low blood pressure.</p>
	Standing Twist I	<p>Start in Mountain. Lift arms overhead. Palms together. Twist to right. Pull in abdomen. Hold. Repeat on left.</p> <p>Benefits: Spinal flexibility.</p> <p>Video: https://www.youtube.com/embed/33tTdymSGoE</p> <p>Modifications: A) Cross legs. B) Arms parallel to the mat.</p> <p>Precautions : Back injury.</p>
	Standing Twist II	<p>Start in Mountain. Lift arms parallel to floor. Twist to right. Pull in abdomen. Hold. Repeat on left.</p> <p>Benefits: Spinal flexibility.</p> <p>Video: https://www.youtube.com/embed/MeSx53eoXok?rel=0</p> <p>Modifications: A) Cross legs. B) Arms overhead.</p> <p>Precautions : Back injury.</p>


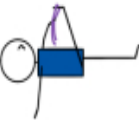



Image	Pose	Description
	Triangle	<p>Start in Mountain. Left leg back at right angle to right foot. Right foot in line with middle of left foot. Hips facing front. Right thigh facing front. Lift arms to shoulder height. Drop shoulder blades. Extend through arms. Extend over right leg. Bring right hand to ground. Extend left arm up. Look up. Repeat on other side.</p> <p>Benefits: Heart opener. Soothes sciatic nerve. Strengthens legs.</p> <p>Video: https://www.youtube.com/embed/Wc_9ZMDiOjk?start=259</p> <p>Modifications: A) Half triangle (hand on thigh instead of mat). B) Hand on block. C) Hand on chair. D) Bring raised arm over the ear parallel to floor. E) Lower hand grasps big toe with middle and index fingers. F) Wrap left arm behind back and take hold of inner right thigh with left hand. G) Hover hand just above the mat. H) Look at mat instead of ceiling.</p>
	Supine Twist Strap	<p>Lie on back. Lift right leg. Grip onto inside of right foot with left hand (or use a strap). Internally rotate leg so toes turn in. Take right leg across body to the left, keeping right side of sacrum (bony tail at base of spine) anchored to floor. Turn head to the right. Hold. Switch sides.</p> <p>Alternatives: Reclined Hand To Big Toe I or II.</p> <p>Benefits: Stretches hips, thighs, hams, calves. Relieves sciatica.</p> <p>Video: https://www.youtube.com/embed/rX7Q0Av3o8k</p> <p>Modifications: Blanket under head. Hold ankle (instead of big toe). Belt.</p> <p>Precautions : High blood pressure.</p>
	Lying Twist	<p>Lie on back. Raise right leg up and roll it over to left side (foot touches floor). Spread legs wide. Put left hand on right thigh for leverage. Switch sides.</p> <p>Benefits: Releases lower back. Opens tight shoulders. Improves digestion. Quiet Mind. Eases sciatic pain.</p> <p>Video: https://www.youtube.com/embed/TI9scRUR95g</p> <p>Modifications: Lift head up.</p>

Image	Pose	Description
	<p>Revolved Abdomen Twist</p>	<p>Lie on back. Arms stretched out at shoulder height. Palms down. Bend knees. Feet flat on floor. Swing hips to left. Pull knees toward chest. Drop knees to floor on right side. Inhale. Lengthen spine. Lower shoulders to floor. Repeat on right.</p> <p>Benefits: Flexible spine. Digestion. Circulation.</p> <p>Video: https://www.youtube.com/embed/XKunL4LW4fc?rel=0</p> <p>Modifications: Keep legs straight. Cross legs. Hands behind head.</p>
	<p>Spinal Twist</p>	<p>Lie on back. Arms extended to sides at shoulder-height or slightly below. Palms up. Bend knees. Draw heels close to buttocks. Soles of feet on floor. Drop knees to right and turn head left. Return to centre. Feet flat. Gaze up. Drop knees to left and turn head right. Return to centre.</p> <p>Benefits: Align pelvic. Eases sciatic pain. Stimulates organs. Flushes toxins from body.</p> <p>Video: https://www.youtube.com/embed/T_FCk5yVgiY</p> <p>Modifications: Keep legs straight. Cross legs. Hands behind head.</p> <p>Precautions : Neck injury.</p>

Lesson Plan Description:

Aid digestion

Twists are said to aid digestion

Create space between vertebra

Twists create space between the vertebrae which improves posture.

Detoxifying

BKS Iyengar said twists are detoxifying because of the squeeze and soak action.

Improved posture leads to reduces anxiety

Twists improve posture by creating more space in your spine. More space in your spine means better posture, and better posture means less anxiety.

Instant energy hit

Twists are a bit like eating pasta - they give an instant energy lift. Whenever your energy is low, if you do a twist you'll instantly top up your energy supplies.

Long & healthy soft tissue

Twists help surrounding supportive soft tissue go from short and dysfunctional, to long and healthy (twists extend muscles to their full length).

Oil or Joints

Twists prevents joints from hardening and fusing.

Perfect counter pose for forward & back bends

Twists are perfect poses to do immediately after a bunch strong back bends and/or forward bends.

Spine mobility

Twists rotate the spine and stretch back muscles.

You can create lesson plans like this using the [Genie Lesson Planner](#)