

10 Revolved Poses In 10 Minutes: Attain The Mental Focus Of An Olympian



Image	Pose	Description
	Revolved Hand to Big Toe	<p>Start in Mountain. Lift right foot up. Hold outer edge with left hand. Bring right hand to hip. Exhale and stretch leg out and up in front of you. Inhale and draw navel in and up, opening the chest. Exhale and turn trunk to the right. Extend arm and turn head to look at hand. Hold. Exhale, return to Mountain. Repeat on other side.</p> <p>Alternatives: Revolved Half Moon. Revolved Chair.</p> <p>Benefits: Strengthens, lengthens lower body. Improves balance, focus.</p> <p>Video: https://www.youtube.com/embed/s8WVOJGPxZM</p> <p>Modifications: Use a strap. Keep free hand on hip.</p> <p>Precautions : Back, knee or hamstring injury.</p>
	Revolved Chair	<p>Start in Mountain. Lift arms alongside ears. Shift weight to heels and bend knees. Shift hips back and down as if sitting on a chair (Chair Pose). Stack knees over ankles. Bring hands into Anjali Mudra (prayer) in front of heart. Pull thighs farther back and down to lengthen your spine. Hook left elbow outside right thigh as low as you can. Press palms together. Pull palms toward navel. Push top hand down to widen top collarbone and revolve chest deeper. Keep weight on heels. Draw left thighbone back to keep hips and knees even. Gently roll belly, chest, neck, and head even more to the right, twisting deeper. Open arms wide into a straight line, pressing left arm against right thigh, leveraging twist deeper. Press left hand down into mat outside right foot and reach right arm up. Twist and open your chest. Hold. Exhale and unwind. Switch sides.</p> <p>Benefits: Strengthens ankles, thighs, calves, hips, spine. Expands chest and spine.</p> <p>Video: https://www.youtube.com/embed/xS-0Ryobgtg</p> <p>Precautions : Headache. Insomnia. Low blood pressure.</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 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>




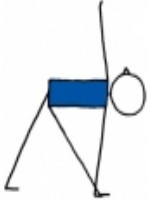
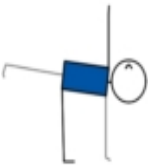

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	Lunge Twist	<p>Stand in a lunge with left leg in front and right knee raised off the floor. Gently twist to left side. Keep right elbow on left thigh. Place hands in namaste mudra (prayer). Root the back foot into the ground. Gaze up. Hold. Repeat 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>
	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>
	Revolved Wide Leg Fold	<p>Start in a wide leg forward bend. Take left hand to right ankle or shin. Reach left arm up towards ceiling. Lean back slightly with chest. Hold. Switch sides.</p> <p>Benefits: Stretches whole body. Detoxify digestive organs.</p> <p>Video: https://www.youtube.com/embed/0wOD1a2wTuY</p> <p>Modifications: Raise hand on a block.</p> <p>Precautions : Low back injury.</p>

Image	Pose	Description
	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>
	Revolved Half Moon	<p>Begin in Half Moon (balancing on right leg with left leg extended behind and right arm extended down in front of right foot). Look down. Focus on one spot. Begin to square hips while you reach down to mat with left fingertips. Right hand to right hip. Extend from tailbone through crown of head (flat back and long line of energy). Pull belly button towards spine and up towards ribs for stability. Begin to twist torso (not your hips) to right to stack right shoulder on top of left. Reach right hand up. Gaze at raised hand.</p> <p>Alternatives: Revolved wide leg forward bend.</p> <p>Benefits: Massages internal organs. Detoxifies body. Improves balance, focus.</p> <p>Video: https://www.youtube.com/embed/haRAb8sxnbo</p> <p>Modifications: Use a block.</p> <p>Precautions : Headache. Pregnant. Spine or neck injury.</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. Twist head to right. 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>

Lesson Plan Description:

The revolved yoga poses include: [Revolved Hand to Big Toe](#), [Revolved Chair Pose](#), [Extended Side Angle Knee Bent Pose](#), [Extended Side Angle Pose](#), [Lunge Twist Pose](#), [Bound Extended Side Angle Pose](#), [Revolved Wide Leg Fold Pose](#), [Revolved Triangle Pose](#), [Revolved Half Moon Pose](#), and [Lying Twist Pose](#).

Are revolved Yoga poses too challenging for a beginner?

No. The most important tip when practicing Revolved Yoga Poses is to have fun and to take yourself lightly. They are challenging poses and will take a bit of practice. But with a smile and an open heart, you'll be revolving in no time.

What are some of the physical benefits of revolved poses?

Revolved yoga poses have so many amazing benefits...

The twisting motion in your torso massages the internal organs and detoxifies the body, stimulating digestion and your metabolism.

Revolved yoga poses help to strengthen the whole body including ankles, calves, quads, glutes, abs, lower back muscle, and arms.

Revolved yoga poses stretch the side body, hamstrings, calves, groin, and spine.

Revolved yoga poses: stimulates liver and kidneys, stretches shoulders, hips, and neck; energizes the spine, stimulates digestive fire in the belly; relieves menstrual discomfort, fatigue, sciatica, and backache; and is therapeutic for asthma and infertility.

What are some of the mental benefits of revolved poses?

Revolved poses challenges your balance and mental focus. On a deeper level, they reduce anxiety, stress, and sluggishness.

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