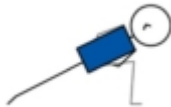




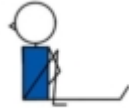


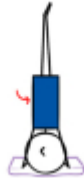










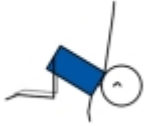

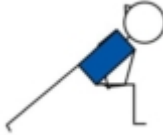

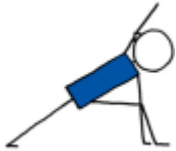
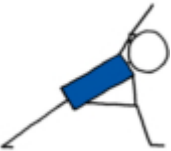

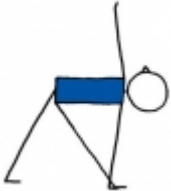




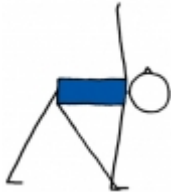



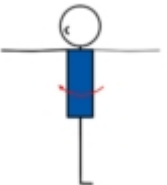


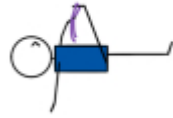
Twist Themed Yoga

 <p>Bound Revolved Side Angle</p>	 <p>Half Lord Of The Fishes IV</p>	 <p>Half Spinal Twist</p>	 <p>Revolved Side Angle I</p>	 <p>Revolved Side Angle II</p>	 <p>Sage Marichi C</p>
 <p>Sage Marichi D</p>	 <p>Headstand Leg Twist</p>	 <p>Headstand Bound Twist</p>	 <p>Shoulder Gyan Twists</p>	 <p>Shoulder Twists</p>	 <p>Lying Twist Partner</p>
 <p>Seated Twist Partner</p>	 <p>Revolved Pigeon</p>	 <p>Revolved Head To Knee</p>	 <p>Revolved Staff</p>	 <p>Half Lord Of The Fishes II</p>	 <p>Half Lord Of The Fishes III</p>

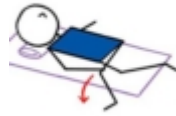
 <p>Staff Twist Knees Bent</p>	 <p>Thread The Needle Arm Up</p>	 <p>Thread The Needle</p>	 <p>Bound Extended Side Angle</p>	 <p>Bound Triangle</p>	 <p>Extended Side Angle</p>
 <p>Extended Side Angle Elbow On Thigh</p>	 <p>Extended Side Angle Knee Bent</p>	 <p>Extended Triangle</p>	 <p>Goddess Twist</p>	 <p>Low Lunge Kneeling Twist</p>	 <p>Lunge Twist</p>
 <p>Revolved Wide Leg Forward Bend</p>	 <p>Revolved Triangle</p>	 <p>Revolved Side Angle IV</p>	 <p>Revolved Side Angle III</p>	 <p>Standing Twist I</p>	 <p>Standing Twist II</p>



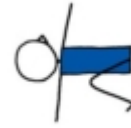
Triangle



Supine Twist Strap



Lying Twist



**Revolved Abdomen
Twist**



Spinal Twist

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](#)