

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



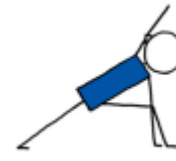
**Revolved Hand to Big
Toe**



Revolved Chair



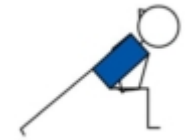
**Extended Side Angle
Knee Bent**



Extended Side Angle



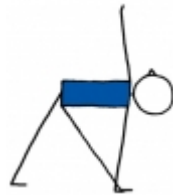
Lunge Twist



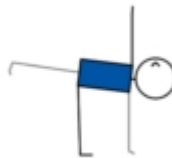
**Bound Extended Side
Angle**



Revolved Wide Leg Fold



Revolved Triangle



Revolved Half Moon



Lying Twist

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](#)