

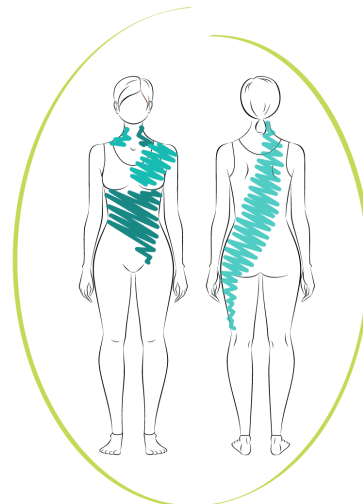


Jathara Parivrtti (Abdominal Twist) knees bent

Jathara Parivrtti works great for rotating the spine and stretching the muscles of the lower back. Changing the arm movement will target the upper back, shoulders and neck; changing the leg position and movement will work abductors, rotators, hip flexors and hamstrings.

WHY

- Rotate the spine (to lubricate the discs and build strength and flexibility in spinal musculature)
- Stretch the lower back muscles one side at a time
- Stretch and strengthen the core musculature (abdomen, obliques and quadratus lumborum)
- Realign the relationship between the shoulder girdle and the spine
- Realign the relationship between the pelvic girdle and the spine
- Provide visceral compression of the abdomen



HOW

Begin on your back with arms extended out, legs raised and knees bent.

Inhale: Lengthen the spine

Exhale: Gradually contract the abdomen as you slowly lower your legs down to your right simultaneously turning your head to the left (the knees do not have to touch the ground).

Inhale: Raise your legs back up, keeping the upper body on the floor.

Exhale: Gradually contract the abdomen as you slowly lower your legs down to your left simultaneously turning your head to the right. Continue to move like that with your breath. After several repetitions stay in the pose.

Inhale: Lengthen the spine

Exhale: Progressively contract your abdomen and turn your lower body a little further to your right (trying to stack the knees on top of each other) and your upper body to the left (trying to keep the upper body on the floor).

Jathara Parivrtti (Abdominal Twist) knees bent



POTENTIAL RISKS

- Compression and strain in the lower back area
- Stress in sacroiliac joints
- Stress in hip joints
- Muscle strain in the neck and shoulder

TROUBLESHOOTING



If the knees cannot reach the floor, you can place a blanket or bolster under the knees.



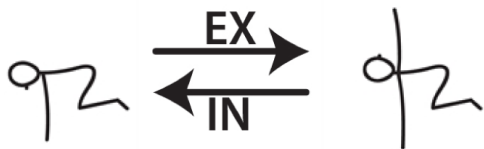
If the shoulder keeps lifting off the ground, you can elevate the knees and/or rest the top hand on the top hip to avoid shoulder strain.



If turning the head to the left arches or tightens the neck, you can look to your right

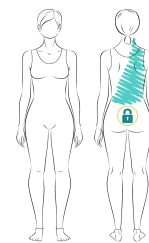
Jathara Parivrtti ADAPTATIONS

1.



UPPER BODY TWIST

To protect your sacrum and bring more emphasis to the upper body, keep your lower body stationary and move the upper body instead.

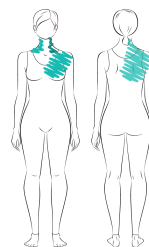


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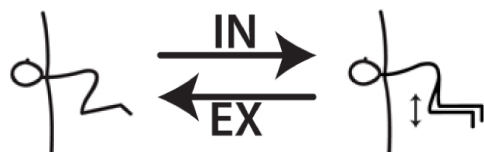


ARM SWEEP

To loosen up the shoulder and stretch the neck, try the arm sweep as you breathe in the pose. It's important to keep the upper body on the floor, even if it means propping up your knees.

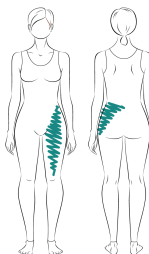


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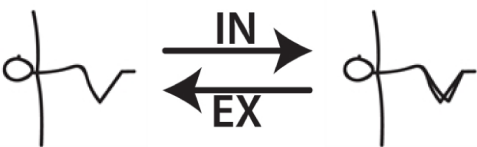


"OPEN A BOOK"

To strengthen the abductors (many of us lack strength in those muscles, which can show up as hip pain, difficulty walking and issues with balance), slowly move the top leg up and down.

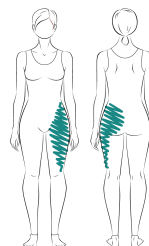


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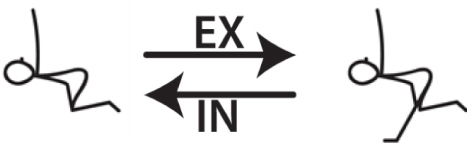


CLAM SHELL

To loosen up your piriformis, do the "clamshell" version of the pose, moving the top knee up and down.

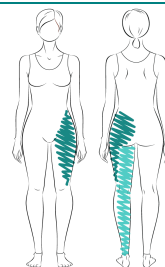


5.



EXTEND-THE-LEG

To strengthen the abductors and stretch the hamstrings, raise the top leg to be parallel to the ground and extend it with every exhalation.

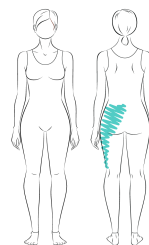


6.



"EAGLE LEGS"

To get a deeper stretch after doing some hip work, wrap the top leg over the bottom one and work on deepening the twist with your breath.



Jathara Parivrtti ADAPTATIONS – Your Notes

1.

2.

3.

4.

5.

6.
