

Asana

Rotated Abdomen Pose with Bent Knees

Jathara Parivritta Asana

Starting Position: supine, knees bent. Before moving into the pose, it can be useful to perform some light rotations or other exercises to increase flexibility of the sacroiliac joint.

Lift and move your pelvis about 20–30 centimeters to the left.

Open your arms and rotate your head to the left. Lift the legs up, keeping an angle of 90 degrees at the knees. While keeping both shoulders and hands in contact with the ground, lower your legs down to the right.

Once your legs are on the floor, relax completely and stay still in full relaxation. This pose can be held for 5 or more minutes.

Repeat on the other side.



Breathing is deep, slow and directed to the open side.

Contraindications: protrusion and hernia. The pose can be uncomfortable if the lumbar muscles are tense or when the pelvis is misaligned; in this last case, change the position slightly by bringing the feet a little towards the glutei.

Benefits: it is a pose of abandonment that can also be held for long time, with mind allowed to float. It represents a moment of psychosomatic integration, the transition of consciousness through a dream-like state characterized by increasing emptiness and clarity. When well realized, it represents a true meditation practice.