

Asana

Rotated Abdomen Pose

Jathara Parivritta Asana

Starting Position: supine.

Lift and move your pelvis about 20 centimeters to the left. Lift your legs up until they are perpendicular to the torso (legs at right angle). Lengthen the neck, turn your head to the left and while keeping shoulders and hands in contact with the ground, lower your legs down towards the right. Knees can be slightly bent.



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.

Benefits: it is a pose of abandonment that can also be held for long time, with the 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.