

Asana

Rotated Head to Knee Pose

Parivritta Janu Shirsha Asana

Starting Position: seated.

Stretch out and open legs, one foot in contact with opposite thigh, heel in contact with groin which is open as much as possible. It may be useful to start with legs apart to the maximum, and then bring one heel to the groin.

While pressing the ischium corresponding to the outstretched leg into the ground, rotate pelvis in the direction opposite to it (when right leg is outstretched, rotate from right to left and *vice versa*).

The movement to enter into the posture is from the side corresponding to the outstretched leg towards the thigh, then the ribs and finally the shoulders and head.

Maintain abdominal control; close on the side corresponding to the outstretched leg and expand on the other. Face rotates upwards slightly, but only if the movement doesn't result in tension in the neck.

Static phase from 30 seconds to 120 seconds.



Contraindications: some typologies of herniated disc.

Benefits: increases mobility of pelvic area and spine; deepens breathing; stimulates immune system.