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Yoga For You

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MANOA YOGA CENTER
Parivrtta Parsvakonasana, the revolved side-angle pose, builds flexibility in the spine, hip and back.

Parivrtta Parsvakonasana

(Revolved side-angle pose, stage 1) » This pose belongs to the clan of standing poses (asanas) and is wonderful for relieving lower backache. Regular practice of this pose increases stamina and promotes spine, hip and back flexibility. Due to the twisting action, kidney function is also enhanced, and digestion and elimination is improved.

This week, we show Stage 1; next week, Stage 2 will be covered.

Stage 1:

1. Stand on a level surface and step or jump your feet four feet apart.

2. Turn your left foot in and right foot out. Straighten your legs fully and take your hands to your hips.
3. Keeping your legs straight, turn your waist and chest so your trunk faces right.
4. Bend your right leg to form a 90-degree angle, bringing the shin perpendicular to the floor and thigh parallel to the floor. Do not bend your knee past the ankle.
5. Now, inhale, lift the trunk up and exhale to bring your left elbow across the right thigh. Pause here for a breath or two. Note that your right hip will tend to swing out to the right. Pull it back to the left so your hips remain centered.
6. As you exhale, use the leverage of the left arm to bring your abdomen across the right thigh. Remember to keep your right hip in!
7. Now, work to straighten the left leg fully as you twist your trunk to the right.
8. Stay for a few breaths, then inhale and come up, reversing the steps that led you into the pose. Repeat to the other side.
9. Practice this pose several times a day until the movements become free and the body supple.

Ray Madigan and **Shelley Choy** are certified Iyengar Yoga teachers and co-direct the Manoa Yoga Center at Manoa Marketplace. Visit www.manoayoga.com or call 382-3910. Manoa Yoga Center, the authors and the Star-Bulletin take no responsibility for any injury arising from the practice of these yoga postures. Readers should seek a doctor's approval before commencing this yoga practice.

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