

## **Ardha Vakrasana (The Twisted Pose):**

"Vakra" means "twisted". This asana is designed to twist the spine to the right and left side in from its erect position.

### **Steps for Practice**

1. Sit on the floor with both legs stretched out together, toes erect, spine erect and both hands straight and palms resting on the floor.
2. Bend the left leg at the knee and place its heel near the thigh.
3. Keep the sole of the left foot flat on the floor and the thigh and knee touching to the chest.
4. Place the left hand in front of the right hand in such a way that the fingers of both the palms face each other and the palms remain flat on the floor.
5. Now turn the neck and the trunk to the right, twisting the spine and look back above the shoulder. Continue smooth breathing.
6. In this asana the spine is to be kept straight.
7. The lower end of the spine and both the hips be placed well on the floor and stabilize them.
8. Then with the support of the neck and shoulders twist the upper vertebrae to the right. At the same time, the standing knee is kept close to the chest.
9. Along with the neck, the sight should also be turned to the right side and stabilize it in that direction.
10. While releasing, first turn the neck to the front.
11. Restore the hand to its place.
12. Straighten the left leg and take the sitting position.
13. This asana should be retained for minimum two minutes on each side. With more practice this duration can be increased to six minutes.

### **Benefits**

1. It gives the spine a nice lateral stretch, increasing spinal elasticity.
2. Also improves side-to-side mobility & decreases backaches and hip pain.
3. It helps to contract and tones the liver, spleen and intestines.
4. It helps to reduce abdominal size.
5. It improves the nervous system, prevents calcification at the base of the spine and frees the joints.

### **Cautions:**

Attaining the perfect posture at the end chance should be avoided as it may strain severely.

You can attain the perfect posture gradually by practicing daily. Therefore a gradual development of attaining the correct pose is recommendable, rather than attaining it in the first place and straining yourself badly.