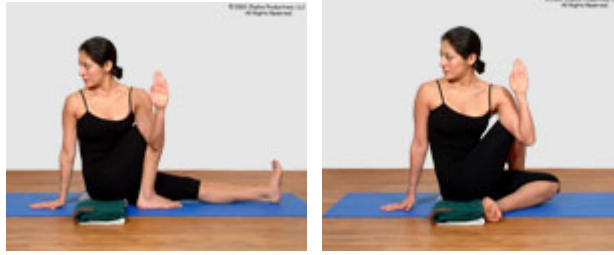


Pose of the Week 11-22-08

Half Lord of the Fishes



Ardha Matsyendrasana

(ARE-dah MOT-see-en-DRAHS-anna)

ardha = half

Matsyendra = king of the fish (*matsya* = fish

indra = ruler), a legendary teacher of yoga

Half lord of the fishes is a seated twist. You can almost feel the tension being wrung out of your body as you twist. Twists are healing for the back and spine and also benefit the digestive system as the organs in the abdomen are squeezed and released. Always lengthen the spine before twisting for a safe twist. Feel this one spiral from the earth to the sky. As you see from the photos above, you can practice this with an extended leg, or wrapped leg. There is also a bound version for those with increased flexibility.

- Lubricates and nourishes the spine
- Stimulates digestion
- Releases tension

Primary Muscles –Rhomboids, Erector Spinae, Obliques, Neck

Tips –

- Ground and center through the hips first
- Inhale and reach up to lengthen internally
- Exhale to twist – focus on turning the heart, not the head
- Keep breathing deeply and smoothly as you twist
- Feel the release as you slowly unwind the twist

/release the knots that bind me.



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