

Pose of the Week 4-12-08

Twisting Lunge



Parivrtta Parsvakonasana

par-ee-vrt-tah parsh-vah-cone-AHS-anna

parivrtta = to turn around, revolve

parsva = side, flank

kona = angle

(This pose is more appropriately a variation of lunge, rather than a twisting side angle pose as the Sanskrit name implies. Lunge and side angle pose are very different since the foot position is different and the hips face a different way)

Twisting Lunge is a variation on the Lunge pose. It includes the benefits of lunge/kneeling lunge with the added benefits of a twist – toning the internal organs, lubrication the spine, strengthening and stretching the back.

- Opens hips and groin
- Strengthens legs
- Tones the digestive and elimination organs
- Healing for back and spine

Primary Muscles – Psoas, Hamstrings, Quadriceps, Hip flexors, Glutes, Abdominals, Lats, Rhomboids, Erector Spinae

Variations - This pose can be done with knee bent and on the floor, or with the back leg straight. Hands can be in a prayer (elbow up to the sky), or arms spread wide (outside or inside bent leg). This pose can also be bound.

Tips –

- Foundation first – if you feel unsteady, take the back knee down
- Lengthen before twisting
- Knee is safest when it does not go beyond the ankle
- If working in the straight leg version, press through the heel and up the back of the knee to straighten the leg completely
- Hips face forward, shoulders face side

/wring out old energy to make room for new energy.



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