

The Preliminaries



Reclined Twist

Jathara Parivartanasana (modified)

30 seconds to 1 minute

Props: One block or folded blanket

Instructions

1. Start by lying on your back with your legs bent, your feet on the ground, and your arms out to the sides in a "Big T" position, palms facing up.
2. Exhale and release your legs to the left dropping them to the ground. Keep your right shoulder pressing into the ground.
3. Stay for 30 seconds to one minute, breathing evenly. Return your legs to center and practice on the opposite side.

Modifications: If the twist feels too intense, place a block or folded blanket under your knees and rest them on that support. To intensify the twist, turn your head toward the left and gaze softly at your opposite hand.