

HALF SPINAL TWIST

FF04

DIRECTIONS

Sit facing the anchor with left knee up and right knee down and straight in front of you. Holding the rope with the right arm place the left arm behind your back. The right arm is braced against the upright left knee.

IMAGERY

The Great Compression Pose wringing water out of a towel.

BENEFITS

Half Spinal Twist is recognized as one of the best and most important asanas in yoga.

- Tones and strengthens the abs and obliques
- Stretches and energizes the spine
- Open the shoulders, neck, and hips
- Increases flexibility, especially in hips and spine
- Relieves low back pain

COMPRESSION

The Half Spinal Twist simultaneously stretches the muscles on one side of the back and abdomen while contracting the muscles on the opposite side. This compression of the spine clears out toxins lodged in the inter-vertebral disks. The blood which is pushed out of the internal organs increases a new fresh flow of nutrients to the disks via this circulation to the spinal nerves, tissues and blood vessels.