



## SITTING TWIST

## ardha matasyendrasana

KEY INTENTION  
TO CREATE FLEXIBILITY OF  
BODY AND MIND

The sitting twist redirects powerful energy from your solar centre to your heart, transforming emotions such as anger and inadequacy into acceptance and self-worth. As your spine becomes more flexible through practising the posture, you also become more flexible in your outlook on life. Rather than letting worries drain you, you will start to see a challenge as an opportunity for growth.

Visualise light rising up the spine from the navel to the heart.



INHALE



**1** From a kneeling position move your body weight to your right side. Lift your left foot over the right knee to place it on the floor outside the knee and sit squarely on the floor. If this is difficult, use a cushion to support you. Focus on your breath and inhale as you



**2** extend your spine upwards and lift the sternum.  
**2** Wrap your right elbow around your left knee, resting the hand against the thigh. Clasp your right wrist with your left hand and again gently lift through your spine.

NORMAL

## SAFETY POINTS



- Please avoid the sitting twist if you have an:
- ⊖ ulcer
  - ⊖ hernia
  - ⊖ slipped disc
  - ⊖ hip replacement.
- Exercise caution if you have weak knees.
- Women should avoid this pose during the later stages of pregnancy.

3



*Visualise light flowing from the heart to the throat and then out through the crown as your head turns.*

- 3** Release your left arm and place it on the floor slightly behind the left hip, keeping your back straight.

- 4** With the core muscles gently contracted, draw your knee towards you as you rotate your body to the left, twisting from the base of the spine upwards. The neck and shoulders are relaxed. Turn your head to look back. In this final position, elongate

EXHALE

INHALE NORMAL

the spine. Breathe normally and feel an inner confidence arising.

**5** To come out of the pose, release your arms and turn your body, then your head to face forwards. Adopt a kneeling position then repeat the movement on the other side.



The sitting twist can promote weight loss, boost energy levels and help slow down the ageing process by:

- ☞ improving the efficiency of the digestive system and the adrenal glands
- ☞ helping to detoxify the body.

The sitting twist can improve posture and body tone by:

- ☞ developing spinal mobility
- ☞ freeing tense muscles in the back and neck.

SILENTLY AFFIRM  
I CHOOSE TO FOCUS ON  
SOLUTIONS RATHER THAN  
THE PROBLEM

4 OUT

