Asana Tip Sheet #3

Ardha matsyendrasana
(Half Lord of the Fish pose)

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asana name = ardha matsyendrasana
ardha = half
matsyendra = "king of the fish"
matsya = fish
indra = ruler
asana = seat

benefits =
- stimulates the digestive fire, improving digestion and elimination
- strengthens abdominal and oblique muscles
- energizes the spine and helps to improve range of motion
- stretches neck, shoulders and hips
- for those lacking an appetite, will increase it.
- relieves menstrual discomfort, fatigue, sciatica and backache
- stimulates abdominal organs, especially kidneys and liver

contraindications = use caution if you have a back or spinal injury.

modifications =
- if it's uncomfortable to twist head and neck, reduce the depth of the twist;
- If hamstrings are tight, sit on a block or cushion to lift low back and tilt pelvis upright.
- If twist is restricted, hug bent knee to chest.
- Move bent leg's foot to the inside of knee.

attitude = a sense of regal calm and stillness.

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