Asana Tip Sheet #9

Upavishta parivrtta hasta padangusthasana
(Seated revolved hand-to-big toe pose)

asana name

upavishta = seated
parivrtta = revolved
hasta = hand
padangustha = big toe
asana = seat

benefits

- Strengthens core and low back.
- Strengthens upper back.
- Stretches hamstrings, IT band and glutes.
- Wrings tension out of the torso.
- Creates a feeling of energetic expansion upon release.
- Good for the digestion, constipation and purification of the inner organs.
- Tones abdomen.

contraindications

- Low back sensitivity
- tight or injured hamstrings.

modifications

- For tight hamstrings: bend upper leg, sit on a cushion, use a strap on foot, hold knee.
- For neck sensitivity: reduce cervical twist.
- Take ardha matsyendrasana as alternative.

attitude = open-hearted expansiveness.

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