

Bharadvajasana: simple twist

This twist promotes flexibility in the spine.

Medical benefits:

When the spine is rotated in this way, various problems relating to the spine such as sciatica, arthritis of the lower back, arthritis of the dorsal region and arthritis or stiffness of the shoulder joints, can be addressed and corrected. Heel pain or heel spurs can also be taken care of with regular practice of this pose.



1. Sit on two folded blankets.



2. Slide over to the right hand edge of the blankets. Fold your legs to the right. Place your right shin across your upturned left foot.



3. Place your left hand on the blankets behind. Place the back of your right hand against your outer left thigh. Turn to the left.



4. Inhale and lift your trunk and your spine. Exhale, and rotate even further to the left. Lengthen up through the crown of your head and turn it to look over your left shoulder.