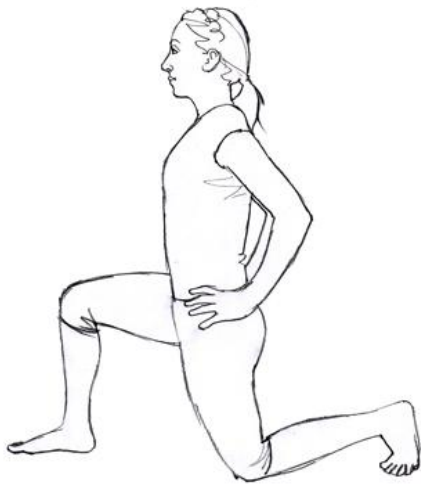


Parivrtta Parsvakonasana



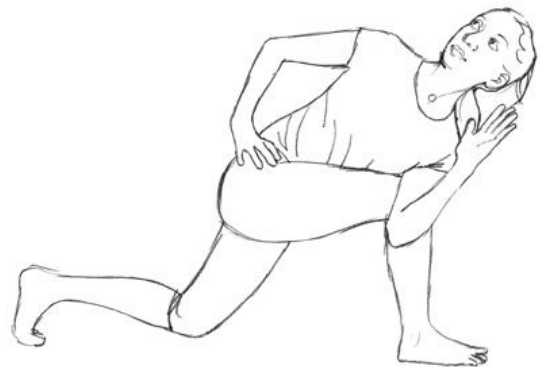
Start from kneeling on the left leg with the right leg bent in front of you, and the right foot flat on the floor.



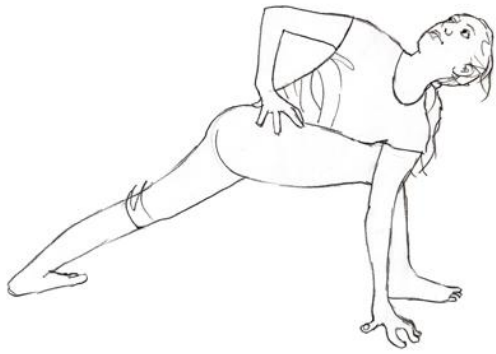
Hook your left elbow around the outside of the right knee.



Press the left elbow against the stable right knee, and turn the torso to the right.



Revolve your left waist and torso to the right.



Lift your right knee, and straighten your left leg. Hips should remain parallel with your shoulders.



Move the groins away from each other: bent leg groin to front knee. Straight leg groin to the back.

Extend your right arm straight up...



...then diagonally over your head, turning it in toward your right ear as you do so.

Lower your right heel to the floor as much as possible without disturbing the alignment of the torso. Move your right leg, outer hip in — press your right heel down.