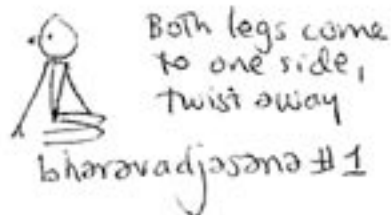
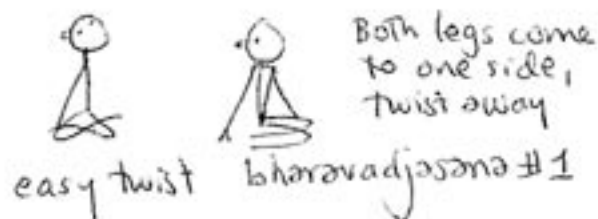
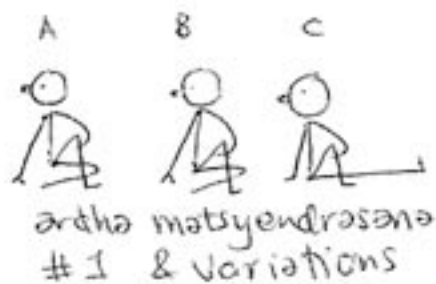


# TWISTING POSES



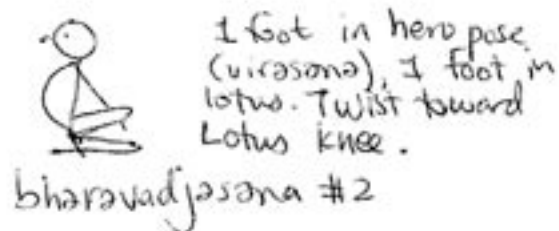
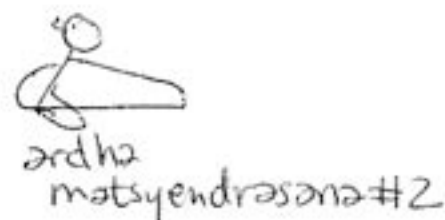
Both legs come to one side, twist away



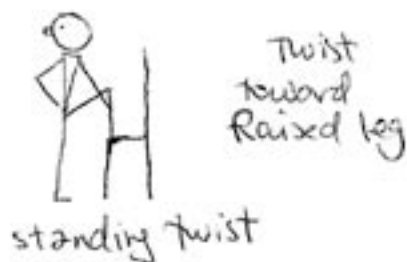
A: sit up on one foot. Cross other foot over knee. & Twist

B: Bring one foot over by opposite hip. Cross other foot over knee. Twist

C: Leave 1 leg straight. Cross other foot over leg, twist toward side with straight leg.



1 foot in hero pose (virasana), 1 foot in lotus. Twist toward Lotus knee.



Twist toward Raised leg

