

# The Ultimate Guide to Twisting Yoga Poses

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**Seated Spinal Twist  
(Ardha Matsyendrasana)**

**Supine Spinal Twist  
(Supta Matsyendrasana)**



**Simple Chair Twist**

**Revolved Triangle Pose  
(Parivrtta Trikonasana)**



**Revolved Side Angle Pose  
(Parivrtta Parsvakonasana)**

**Revolved Half Moon Pose  
(Parivrtta Ardha Chandrasana)**



**Eka Pada Koundinyasana  
(Pose Dedicated to Sage Koundinya I)**

**Revolved Hand-to-Big-Toe Pose  
(Parivrtta Hasta Padangusthasana)**

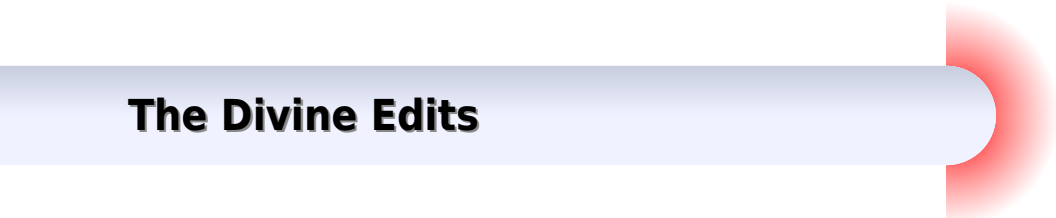


**Revolved Bound Side Angle Pose (Baddha Parivrtta  
Parsvakonasana)**

*Namaste*

# Yoga Guide Ultimate Guide

**The Divine Edits**



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