

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

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Tobias Bleicker



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