

Transformative Twists

The power to assimilate and transform emotions and thoughts is inherent in every twist.

<p><i>"I am nourished by the precious learnings of each situation"</i></p>  <p>Pushan Mudra R (thumb, index, middle tips) L (thumb, middle, ring tips)</p>	 <p>Kaphalabhati (27 x 4)</p>	 <p>Barrel Rolls</p>	 <p>Seated Side Bend</p>	 <p>Table Twist</p>
 <p>R/C/L - Forward Bend (x3)</p>	 <p>Ganeshasana</p>	 <p>Vrksasana Side Bend</p>	 <p>Uttanasana</p>	 <p>Trikonasana (to work core strength, don't support hand)</p>
 <p>Parvrita Prasarita Padottanasana</p>	 <p>Parsvottanasana</p>	 <p>Parvrita Trikonasana</p>	 <p>Adho Mukha Svanasana</p>	 <p>Bhujangasana</p>
 <p>Balasana</p>	 <p>Gomukhasana</p>	 <p>Bharadvajasana</p>	 <p>Marichyasana</p>	<p><i>"I can discern whether to overcome my obstacles or change direction"</i></p>  <p>Ganesha Mudra (index crossed over middle, palms together)</p>
 <p>Parvrita Sirsasana</p>	 <p>Salamba Sarvangasana (leg lifts)</p>	 <p>Jathara Parivartanasana</p>	 <p>Salamba Setu Bandha</p>	 <p>Savasana</p>