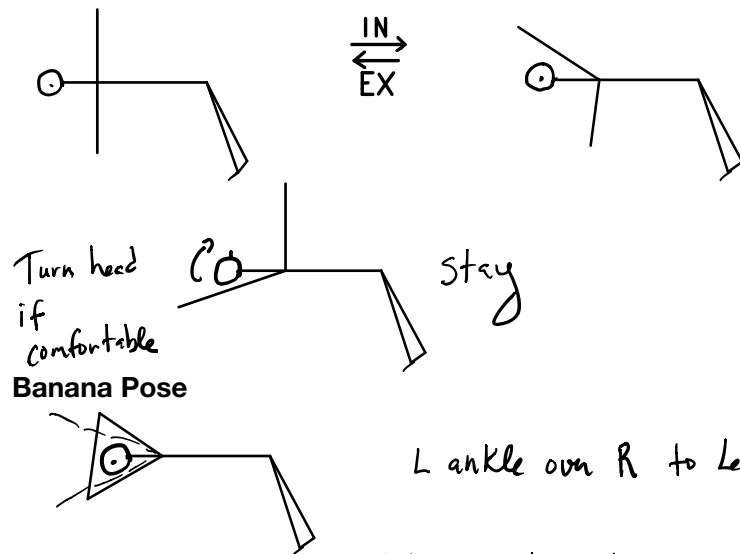


Pārśva - Lateral Bends & Asymmetric Poses

Supine Poses

Jathara Parivrtti Pārśva: Twisting the Jathara Agni (Digestive Fire) - Lateral Version
"Banana"/ Supine "Half Moon Pose"

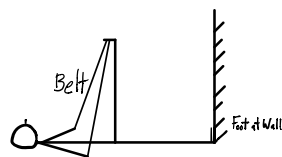


Add blankets/blocks under head/shoulders as needed

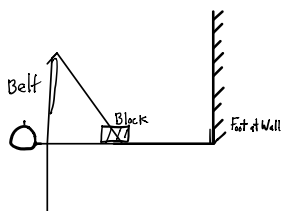
L ankle over R to Left side OR Reverse

Bolster for tight hamstrings / LB Pain ~ Lordosis (Sway Back)
 OR for disabilities e.g. spasticity in legs

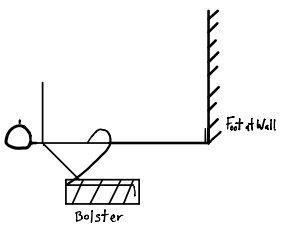
Supta Eka Pādāṅguṣṭhāsana Variations with a Belt - Leg Stretches



Eka Pāda

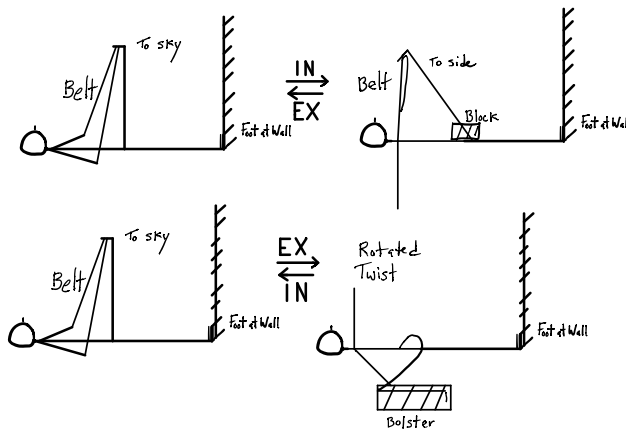


Pārśva

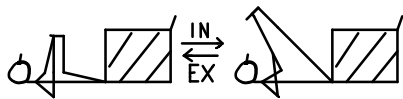


Parivrtti

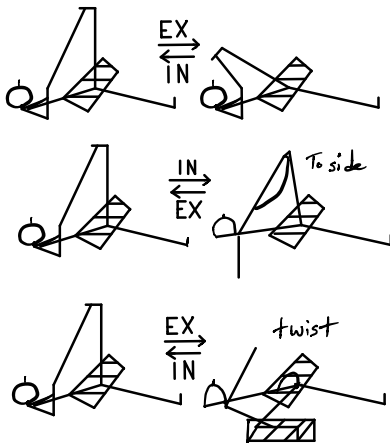
Supta Eka Padāṅguṣṭhāsana Variations with a Belt - Leg Stretches Vinyasa-s/Flow Versions



Chair Version



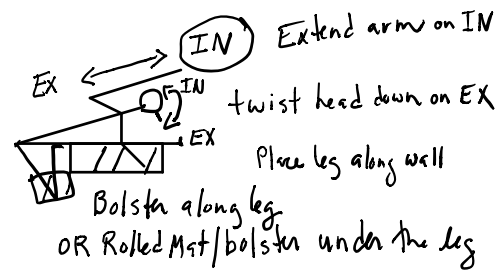
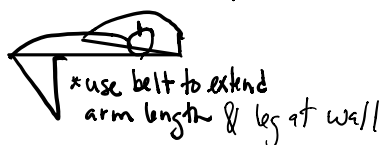
Bolster Versions



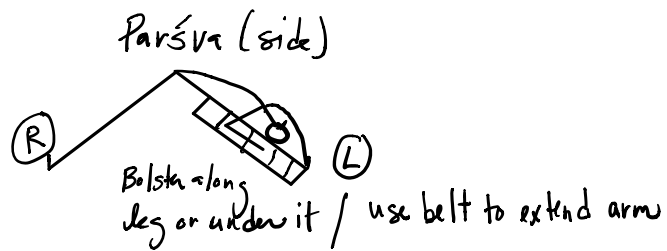
Seated Poses - Pārśva Versions of Pascimātana Poses Janusirsasana (Pārśva)- Head to Knee Pose

Pārśva (side)

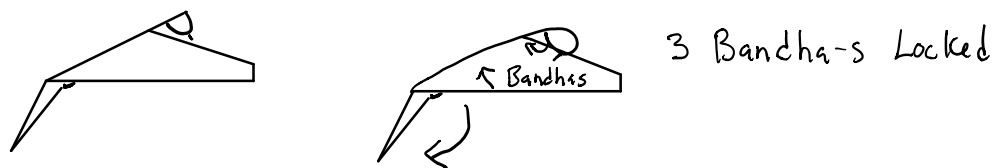
OR



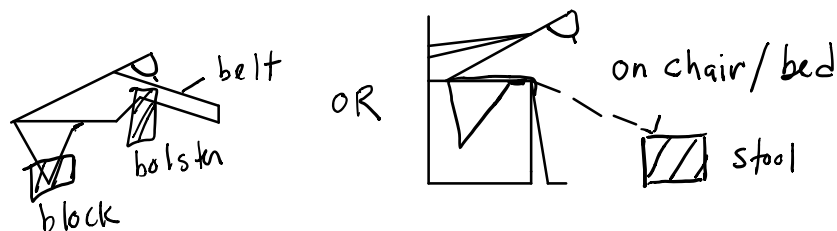
Upaviṣṭa Konāṣana (Pārśva)



Mahā Mudrā (Pārśva = Asymmetric) - Classical

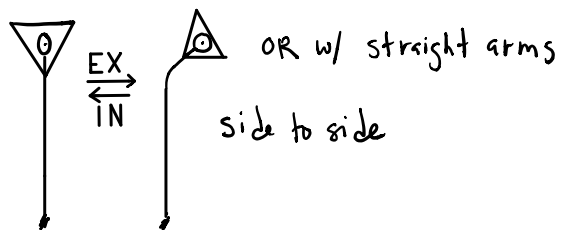


Modified Mahā Mudrā or Jānuśirṣāsana

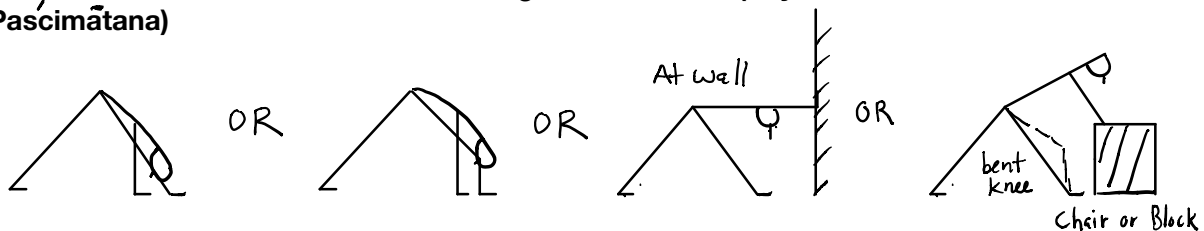


Standing Poses

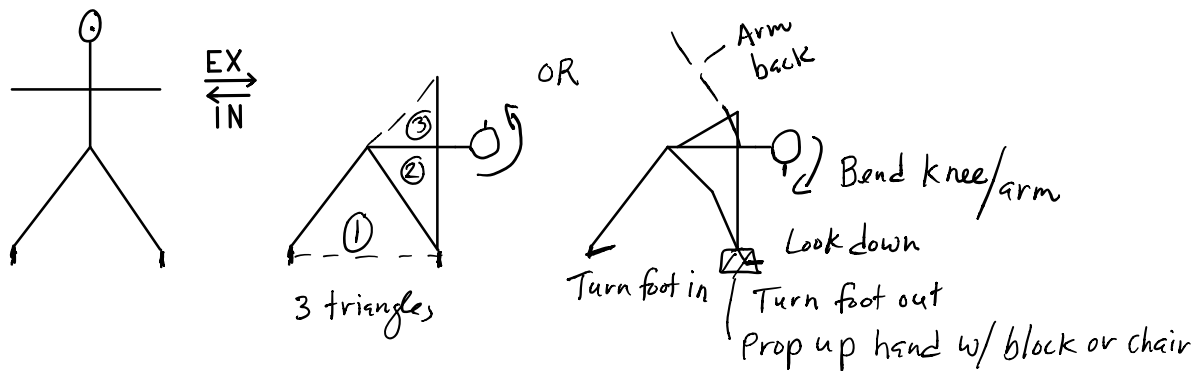
Tadāṣana (Pārśva/Lateral Variations of Purvātana)



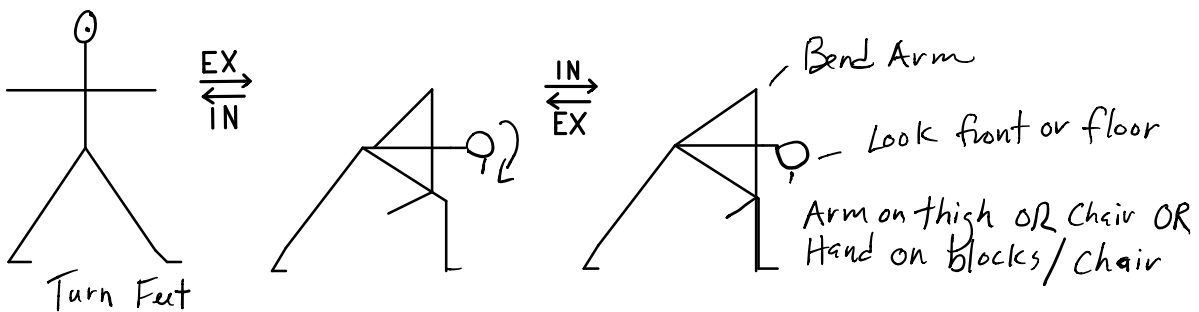
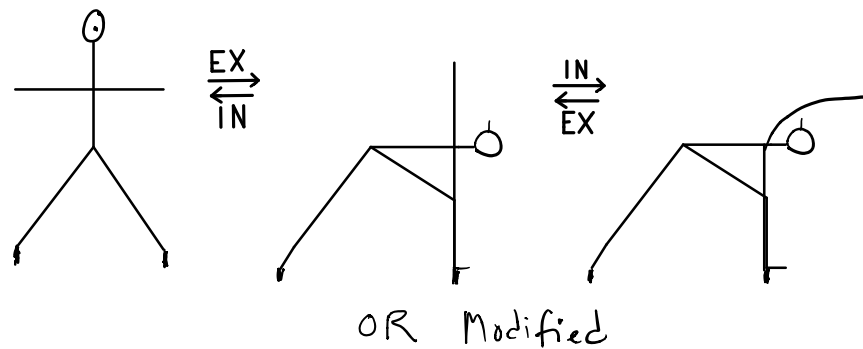
Pārśva Uttanāsana - One-Sided Standing Forward Bend (Asymmetric Variation of Pascimātana)



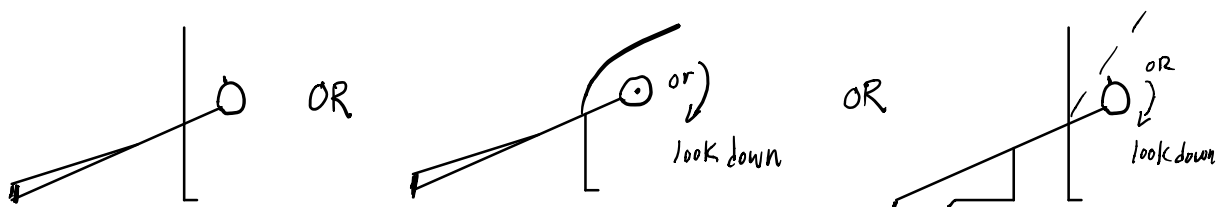
Utthita Trikonāsana (Parsva) - Standing Triangle (3 Triangles/angles)" - Lateral Bend



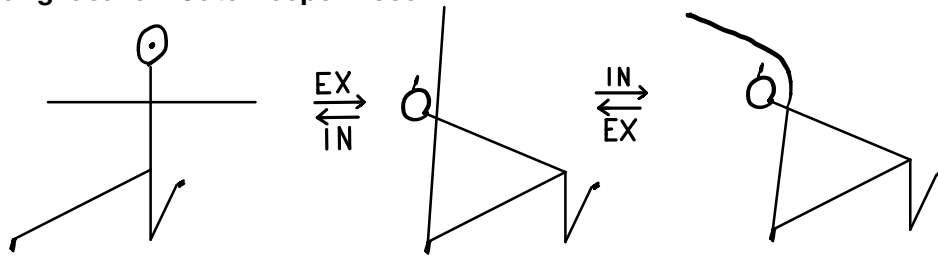
Utthita Pāśvakanāsana - Standing Side Angle Pose



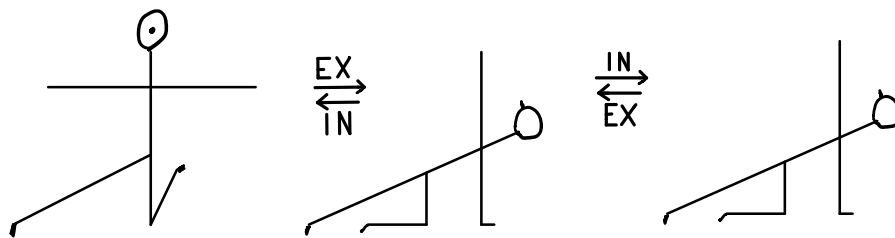
Vasiṣṭhāsana - Side Plank



Parighāsana - Gate Keeper Pose



Vasīsthāsana Viñyāsa - Side Plank Flow



Ardha Candrāsana - Half Moon

