

YOGA

POSTURE OF THE MONTH

Ardha Matsyendrasana

Half Lord of the Fishes Pose or Half Spinal Twist Pose or
Vakrasana is an asana.



The *asana* usually appears as a seated spinal twist with many variations, and is one of the twelve basic *asanas* in many systems of *Hatha Yoga*.

The *asana* is named after the great yogi Matsyendranath. The name comes from the Sanskrit words *ardha* meaning "half," *matsya* meaning "fish," *eendra* meaning "king", and *asana* meaning "posture" or "seat." The name *Vakrasana* comes from the Sanskrit *Vakra* ('twisted').

Variations

Ardha Matsyendrasana II

From seated *Ardha Padmasana* (Half Lotus Pose), the bottom leg extends along the ground, one arm reaches behind the back to grab hold of the foot or shin of the *Padmasana* leg while the other hand holds the extended leg.

Ardha Matsyendrasana III

From *Ardha Matsyendrasana I*, the bottom leg moves into *Padmasana* (Lotus Position) and arms bind by grabbing either foot.

Organising the Pose

One foot is placed flat on the floor outside the opposite leg

and torso twists toward the top leg. The bottom leg may be bent with the foot outside the opposite hip, or extended with toes vertical. The arms help leverage the torso into the twist and may be bound (**Baddha Ardha Matsyendrasana**) in a number of configurations by clutching either feet or opposite hands.

Benefits

Ardha Matsyendrasana allows the spine to be twisted all the way from the base of the spine to the very top. This *asana* tones up the spinal nerves and ligaments, and improves digestion 🍽️

Source: Internet

