

Twist Sequence Practice twists to relieve stiffness, correct postural imbalance, improve digestion, and increase circulation. This active sequence opens with poses to extend the spine and mobilize the shoulders. The twists progress from standing to seated, targeting every region of the spine. “The pains which are yet to come can be and are to be avoided,”... Patanjali Yoga Sutra II.16.

Props and techniques:

- *Yoga the Iyengar Way* by Silva, Mira, and Shyam Mehta includes photographs, instructions, recommended props and timings for each pose (page numbers included below).
- While menstruating, omit Pasasana on chair and repeat Bharadvajasana on chair instead. Do Marichyasana I twist and Swastikasana twist instead of Marichyasana III and Pasasana.
- During pregnancy, practice only open twists such as Bharadvajasana on chair. In all poses, modify to open and extend the abdomen, maintaining space for the baby and normal breathing.
- Experienced students may expand this sequence by beginning with a series of standing poses and/or concluding with inversions and then savasana.

Sutra study: In *Light on the Yoga Sutras of Patanjali* by B.K.S. Iyengar, read Sutra II. 16 and commentary.

Adho mukha virasana (page 51 see insert, “Virasana forward bend”)

Adho mukha svanasana (page 90)

Uttanasana (page 45)

Tadasana (page 19) with arm work:

- Urdhva hastasana (see insert on page 19)
- Parvatasana arms (see insert on page 51)
- Gomukhasana, arms only (page 56, steps 3 and 4)

Adho mukha vrksasana (page 96) or beginners may repeat adho mukha svanasana (page 90)

Marichyasana standing (page 70)

Bharadvajasana on chair (page 71)

Pasasana on chair (see accompanying photo)

Marichyasana III (page 73)

Pasasana (page 76)

Adho mukha svanasana (page 90)

Adho mukha virasana (page 51 see insert, “Virasana forward bend”)

Savasana (pages 150-151)