

# Revolved Abdomen Pose



## *Revolved Abdomen Pose*

Jathara Parivartanasana (modified)

**30 seconds to 1 minute**

**Prop:** One block, folded blanket or bolster (optional)

**Instructions:**

Lie on your back with your legs bent, your feet on the floor, and your arms out to the sides in a T-shape. Flex your feet and draw your legs into your chest. On an exhalation, release your knees to the left toward the floor. Try to keep both shoulders on the ground as you extend and press your arms into the ground. Keep your neck and throat soft. Hold for 30 seconds to one minute. Inhale, bring your knees up to the center. Repeat on the opposite side.

**Modification:**

If this feels too intense, place a block, folded blanket or bolster under your knees and allow them to rest on that support.