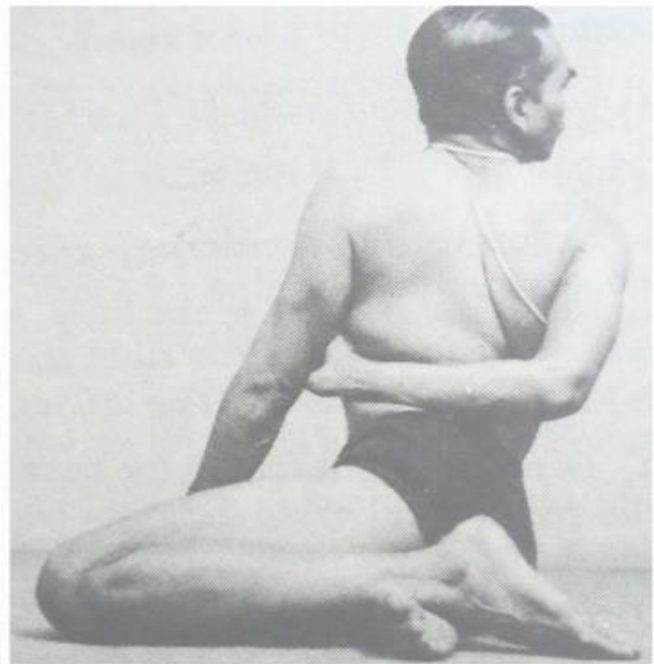


*"In a twist, it is not only the organ that is twisted, but the bones, muscle, fibre and nerves... The mind will take on a different form corresponding to the unusual shape of the body."*

*- BKS Iyengar, Light on Life*

## Baradvajasana I - Seated Twist



### BASIC INSTRUCTIONS

1. Start by sitting in Dandasana with both legs stretched straight
2. Bend the knees and bring both legs to the left side - the top of the left foot is cradled in the arch of the right foot (as shown above)
3. Sink the buttocks to the floor. take support to keep the hips even
4. Reach behind the back and take hold of the inner, upper left arm with your right hand
5. Lift and turn the trunk towards the right side, bringing the left arm around to the right thigh, turn the neck and head and look over the right shoulder