



Yoga For You

Ray Madigan and Shelley Choy

Jatara Parivartanasana

Stomach Churning Pose » In Jatara Parivartanasana, the abdominal organs are squeezed, which stimulates the digestive system, relieving constipation and gas buildup. The pose also stretches the muscles of the spine and relieves backaches.

By focusing our energy and will on keeping the trunk steady, we gain physical strength as well as the endurance to withstand the disturbances of daily life.

1. Lie on your back with feet together and body straight.
2. Stretch the arms in line with the shoulders. Keep them straight and flat against the floor with palms up.
3. Bend your knees and bring your thighs to the abdomen. Do not lift your sacrum or buttocks off the floor or allow your back to round. Keep knees together.



MANOA YOGA CENTER
Kevin Kuroda and Ashley Ji, students at Manoa Yoga Center,
demonstrate the Stomach Churning Pose.

4. Exhale slowly while turning hips and legs to the right. Keep as much of the left side of your back and shoulders on the floor as possible. Resist the weight of the legs, which pulls the trunk off the floor, by using the abdominal muscles to turn the trunk to the left. Keep knees together and do not turn your head. Try not to distort your body as you point your knees toward your right elbow.
5. Hold the pose for a few breaths, then exhale and return the legs to the center by pressing the left side of your trunk down to the floor.
6. Take a moment to reaffirm the stretch of the arms and to ensure that your buttocks and sacrum are still in contact with the floor, your spine straight. Exhale and turn your hips and legs to the left, revolving your abdomen to the right. Maintain a smooth, even flow of breath and do not become disturbed by the mental and physical effort required. With practice, the pose will become effortless and your mind, quiet.

Ray Madigan and **Shelley Choy** are certified Iyengar Yoga teachers and co-direct the Manoa Yoga Center at Manoa Marketplace. Visit www.manoayoga.com or call 382-3910. Manoa Yoga Center, the authors and the Star-Bulletin take no responsibility for any injury arising from the practice of these yoga postures. Readers should seek a doctor's approval before commencing this yoga practice.