



## Yoga For You

Ray Madigan and Shelley Choy

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### Parivrtta Swastikasana

**(Revolved Cross Pose)** » In this variation of last week's Swastikasana pose, the spine is given a gentle twist. This pose is useful in relieving any stiffness in the back after a long stay in Swastikasana. As a result of the arm work in the pose, the shoulders are exercised and become flexible and strong. Due to the turning action of the neck, stiff neck muscles gain relief.

1. Sit in Swastikasana with the weight distributed evenly on both buttocks with trunk lifted up. (See last week's pose at [starbulletin.com/2006/12/24/features/yoga.html](http://starbulletin.com/2006/12/24/features/yoga.html))
2. Keep your trunk lifted and take your right hand to the left knee. Take the left hand behind the body and place it on a height such as a yoga block or book. When placing your hands, keep the buttocks stable and knees relaxed. Your legs and buttocks should not twist or move and your body weight should remain distributed evenly on both buttock bones. Keep your trunk and head erect; do not tilt forward or back.
3. Now, inhale and lift your trunk up as you release the knees to rest on your feet. With an exhalation, turn your abdomen first, then the lower ribs, then the middle and upper ribs as you rotate the trunk to the left in a steady sequential flow from the lower trunk upward.



MANOA YOGA CENTER  
Ray Madigan, co-director of Manoa  
Yoga Center, demonstrates the  
Revolved Cross Pose, in which the head  
is turned to look over the trailing  
shoulder.

4. Use your arms to help the twist. Pull with your right arm on the left knee. Press your left hand down onto the block or book, and draw the spine up as you turn.
5. Bring your chest completely to the left.
6. Maintain this vertical lift of the spine as you continue to use your arms to deepen the twist. Do not let your knees lift off the feet, and keep your legs and buttocks steady.
7. Lift your neck up, turn your head to the left and gaze over your left, or leading, shoulder. Do not arch your neck; keep it long and in line with the spine. Now, exhale and gaze over your right, or trailing, shoulder. Turning your head this way, without altering the rotation of your trunk, exercises and relaxes neck muscles.
8. Hold the pose for up to a minute without strain and then twist to the other side changing the hand positions. Then change the cross of the legs and do the asana to both sides again.

**Ray Madigan** and **Shelley Choy** are certified Iyengar Yoga teachers and co-direct the Manoa Yoga Center at Manoa Marketplace. Visit [www.manoayoga.com](http://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.

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