

## Ardha Matsyendrasana

Also known as Half Lord of the Fishes pose, it is a seated twist combining a strong turn with balance. It is great for the spine and lovely massage for the internal organs.

Sit on the floor with legs in front of you and feet flexed. Bend left knee, bring left foot up under right leg and place left heel under right glute. Keep left knee pointing forward.

Draw your right leg up and place the foot flat on the floor just outside your left knee. Right knee facing ceiling and foot pointing forward.

Exhale, bring left elbow over the right knee; arm bent and fingertips pointing to the ceiling. Take right arm back cupping hand on floor.

Turn the head and look over the right shoulder. Relax the shoulders, soften your gaze and breath. Inhale lift through the spine, exhale, and twist to right. Stay for 20-30 seconds then slowly come out of the pose and return to sitting position with legs straight in front of you.

Repeat for the opposite side of the body.

