

Twists as pose and counter pose

Open and closed twists



General guidelines

After back arches do open to closed twists

After lengthy forward bends do closed to open twists

List of Twists

Even

Parivritta vajrasana (kneeling)

Open

Bharadvajrasana 1 and 2 (half virasana half baddha)

Parivritta ardha padmasana (sitting half lotus)

Parivritta padmasana (sitting full lotus)

Parivritta janu sirasana (janu sitting twist)

Marischyasana 1 and 2

Parivritta upavistha konasana preparation (wide leg sitting twist)

Trikonasana (also from prasarita padottanasana and from table position twist each way)

Parsva konasana

Ardha chandrasana

Parsva Salamba sirasana (long legged twist in head balance)

Parsva dwi pada sirasana (legs bent at knees twist in head balance)

Parsva urdhva padmasana sirasana (lotus in head balance)

Parsva sarvangasana (over one hand in shoulder balance)

Parsva urdhva padmasana in sarvangasana (lotus over one hand in shoulder balance)

Jatara parivartanasana 1 and 2 (supine twist legs bent or straight, also one leg bent one straight)

Jatara parivartanasana legs in garudasana (supine twisting in eagle legs)

Thread the needle twist from kneeling forward

Dandasana (sitting tall and then twisting)

Closed

Pasasana (straight squat twist)

Marischyasana 3 and 4

Ardha matsyendrasana 1, 2 and 3

Paripurna matsyendrasana

Full padmasana supine twist (full lotus supine twist)

Parivritta janu sirasana (more extreme sitting janu twist, low)

Parivritta paschimottanasana (extreme low twist in paschi sitting)

Parivritta upavistha konsasana (full extreme low twist in wide legged sitting)

Parivriatta Trikonasana

Parivriatta Parsva konasana (several ways to do this, as also lunge twists or with props ie chair etc)

Parivriatta Ardha chandrasana

Parivrittaikapada sirasana (scissor leg twist in head balance)

Parsva halasana (twist in plough)

Vamadevasana (half baddha/ half pigeon position, feet coming close to each other - sort of sideways pigeon)

Parsva pindasana (in padmasana) in sarvangasana (full lotus twist, legs down to one side in plough)

Hand balances

Parsva bakasana (legs bent to side)

Dwi pada koundinyasana (legs long to side)

Eka pada koundinyasana (one leg back , under leg to side , from side balance)

Urdhva kukuttasana (hand balance in lotus from 3 pt head)

Parsva kukuttasana (lotus to side hand balance)

Astarakvasana (both legs to one side from sitting hand balance, one leg hooked over arm, other leg hooked over supported leg... sort of scissor twist)