

# Revolved Head-to-Knee

## Parivrtta Janu Sirsasana

27.



Sit on the ground keeping your legs straight.

Bend one knee, and bring the opposite leg to the side. Bend your torso to one side so that one body side is stretched and the opposite side is compressed. You can hold the foot of your straight leg by your palm. This is revolved head-to-knee pose. It gives flexibility and control over the ribs.

If you have any difficulties with this pose, relax and inhale and then bend to the side.