

# Twist both ways

## Ardha Matsyendrasana

7.



Sit on your leg (bent in knee) to feel comfortable. Straighten the spine. If it is difficult to bring leg over the hip of other leg, simply put your sole on the floor near the leg. Help with both hands to twist.

*Half Lord  
of the Fishes Pose*

*Sit down on your knees.*

*Straighten your back, neck and head. Then bring your left foot to the outside of the right knee. Turn your back, head and neck to the left, helping with your arms to turn as much as you can. Hold this pose for a long time. By doing this pose you will cure many spine diseases. By this pose you can change the flow of lunar energy to the solar energy. Twist back to center in the same order and then repeat on the other side. By doing this asana you will understand the duality of the world, and perceive the All behind duality.*