



Parivrtta Ardha Chandrasana (Revolved Half Moon Pose)

Description

Parivrtta Ardha Chandrasana

PAHR-ee-VREE-tah ARD-uh chan-DRAHS-uh-nuh

â??parivrttaâ?• = revolved

â??ardhaâ?• = half

â??chandraâ?• = moon

Revolved Half Moon Pose

Heart of Pose

- Standing Balance
- Twist

Effects / Benefits

Energy, Mood, Emotion

Effects to energy, mood or emotion may include the following.

- Builds mental stamina, confidence, courage, poise.
- For more, see the effects of [balancing poses](#) and [twisting poses](#), in general.

Inner Body

Inner body effects may include the following.

- As a twist, stimulates abdominal organs.
- For more, see the effects of [balancing poses](#) and [twisting poses](#), in general.

Musculoskeletal

Musculoskeletal effects may include the following.

- Strengthens ankles, thighs, abdomen, buttocks and lower back.
- Stretches shoulders, chest, torso, spine, groins, hamstrings and calves.
- Builds [core strength and stability](#).
- Challenges and builds balance and coordination.
- Builds physical stamina.

Therapeutic Uses*

- Stimulation of abdominal organs said to help with [digestive functions](#).
- For more, see the effects of [balancing poses](#) and [twisting poses](#), in general.

* This pose is often associated with positive effects related to the conditions listed. But unless trained in yoga therapy, teachers are usually advised against prescribing particular asanas to address specific conditions.

Cautions

SI Joint Issues

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- Many advise against twists for sacro-iliac (SI) joint issues.
- Others suggest varying seated twists by moving twisting side buttock forward a couple of inches.
- See more: [SI Joint Issues](#) and [Category: Twists](#).

Basic Form

Set Up

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1. Begin in [Parivrtta Trikonasana \(Revolved Triangle\)](#), [Utthita Trikonasana \(Extended Triangle\)](#) or [Ardha Chandrasana \(Half Moon\)](#).
2. From Parivrtta Trikonasana, take top arm to hip or sacrum.

3. Bend front knee.
4. Bring back foot forward to shorten stance.
5. Take hand to block or floor forward of front foot.
6. Square pelvis so that hip points face down.
7. Place hand in line with back foot (for less challenge) or in line with front foot (for more challenge).
8. Breathe and stabilize here on front foot.

Ray Long MD teaches to begin turning torso in this step, squeezing it against the front thigh to engage the hip flexors, including [psoas](#).

Moving Into Pose

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Inhale

1. Keep toes of back leg pointing down.
2. Shift body weight onto front leg, straightening it. (Or, with balance issues, bend knee of standing leg.)
3. Squeeze buttocks to lift back leg to hip level.
4. Point knee and toes of lifted leg down.
5. Keep sacrum level.

Exhale

1. Begin to revolve torso and head.
2. Open chest.

Inhale

- If torso is fully rotated, reach top arm up.

Gaze

- Down, neutral, or up. Avoid strain.

Hold Time

- 5 breaths, or 20 seconds to 1 minute

Coming Out

- Inhale, lower top arm to floor. Bend front knee. Lower back leg.

To Emphasize

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1. Keep knee and toes of lifted leg pointing down.
2. Keep leg lifted and engaged.
3. Reach trunk and lifted leg away from each other. (Lengthen torso.)
4. Draw shoulder blades in.
5. Revolve lower side of torso in line with standing leg.

• Pelvic stability is the key to success in this pose! Simultaneously contracting the posas and the gluteus maximus stabilizes the pelvis. • Ray Long MD

See also: [9-min video](#) by Katharine Vigmostad on moving into the pose.

Verbal Cues

Standing Leg

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1. Spread toes, press big toe down, lift arch. (Tias Little)
2. Press ball of foot into floor to activate arch. (Ray Long)
3. Align toes and knee forward.*
4. Align femur over tibia and ankle.
5. Engage the quadriceps to straighten leg.
6. Or, bend knee as needed for balance.
7. Microbend the knee to avoid hyperextension.

*Please see: [Common Problems in Alignment Cueing for Standing Poses](#)

Lifted Leg

1. Keep toes pointing downward.
2. Lift leg to hip height. Or, lower it as needed for balance.
3. Contract buttocks.
4. Point kneecap directly down.
5. Engage the quadriceps to straighten knee.
6. Press back through heel.
7. Imagine pressing (or actually press) outer edge of lifted foot into wall.
8. Reach toes down.

Lower Arm

1. Align wrist beneath shoulder.
2. Press fingertips into floor or block.

ARM USED FOR STABILITY & THEN FOR INCREASED TWISTING

Initially we use the hand on the floor for stability; as balance in the pose improves, press the hand into the mat and use it to lever the body deeper into the twist. â?? Ray Long, MD

Torso

1. Keep sacrum level.
2. Twist torso, not hips.
3. Elongate spine.
4. Lengthen from tailbone to crown of head.
5. Revolve chest and abdomen upward.
6. Release shoulder blades down back.

VISUALIZATION & INSPIRATION

Twist around the axis of your spine, allowing it to spiral up like a corkscrew through the whole spine and out the crown of your head! Be patient, have faith, and keep turning your spine until you achieve length and breadth in the lungs, collarbones, and breastbone. â?? Tias Little

Upper Arm

1. If torso is fully revolved, reach arm up.
2. Keep arm on sacrum for balance and to find a level pelvis.

Head, Neck, Gaze

1. Keep back of neck long.
2. If gazing up causes neck tension, look forward or down.
3. Keep gaze steady for focus and balance.

Variations

Hand to Sacrum

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Place the hand on the sacrum to discern any imbalance. Use a level sacrum as a guide to refine alignment. Placing hand on the hip may increase stability. Bring the floor closer with a block for the bottom hand.

Gaze Down

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Hand to Block

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Parivrtta TrikonasanaRevolved Triangle Pose

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Of course, a preparatory pose and alternative is [Revolved Triangle Pose](#). Variations such as those shown can help to develop capabilities needed for these complex poses. In this [article](#), Ray Long MD suggests using this pose to specifically train awareness of the [hip abductors](#) for lifting the leg.

Sequencing

Preparation

Overview

Consider these priorities when preparing for the complexity of *Parivrtta Ardha Chandrasana* (Revolved Half Moon):

- Readiness to stabilize in a standing balance, including leg strength

- Stretch hamstrings
- Readiness for [twisting](#)

Poses

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In this [article](#), Charlotte Bell recommends these poses:

1. [Vrksasana \(Tree Pose\)](#)
2. [Virabhadrasana II \(Warrior 2 Pose\)](#)
3. [Utthita Parsvakonasna \(Extended Side Angle Pose\)](#)
4. [Utthita Trikonasana \(Extended Triangle Pose\)](#)
5. [Ardha Chandrasana \(Half Moon Pose\)](#)
6. [Virabhadrasana I \(Warrior 1 Pose\)](#)
7. [Parivrtta Parsvakonasna \(Revolved Side Angle Pose\)](#)

Neutralizing & Countering

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In this [article](#), Charlotte Bell recommends practicing symmetrical poses and forward bends.

This might include:

- [Tadasana \(Mountain\)](#)
- [Uttanasana \(Standing Forward Bend\)](#)
- [Janu Sirsaana \(Head-to-Knee Pose\)](#)
- [Upavista Konasana \(Wide Angle Seated Forward Bend\)](#)
- [Paschimottanasana \(Seated Forward Bend Pose\)](#)
- [Savasana \(Corpse\)](#)

Category

1. Uncategorized