



## Parivrtta Parsvakonasana (Revolved Side Angle Pose)

### Description

#### Parivrtta Parsvakonasana

*par-ee-VRT-tah parsh-vah-cone-AHS-anna*

â??parivrttaâ?• = revolved

â??parsvakonaâ?• = lateral angle

Revolved Side Angle Pose

Also known as: Rotated or Revolving Lateral Angle Pose

Common variations from High or Low Lunge may be called: Revolved Lunge or Lunge Twist

#### Heart of Pose

- Standing Twist and Side Body Lengthening

#### Notes

- Pose shown is a common variation: full pose in upper body but back leg in [Crescent Lunge](#) rather than [Virabhadrasana I](#).

#### COMBINED ACTION OF TURNING SHOULDERS IN ONE DIRECTION & PELVIS IN OTHER

Two stories take place simultaneously here: lunging forward and turning the torso. The main story in this pose is the combined action of turning the shoulders in one direction and the pelvis in the other; the connection between the shoulders and the pelvis turns the spine. â?? Ray Long



## Effects / Benefits

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### Energy, Mood, Emotion

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

- Increases lung capacity; facilitates deeper breathing.
- Energizes.
- Builds focus.
- Develops willpower and stamina.

### Musculoskeletal

Musculoskeletal effects may include the following.

- Stretches hips and groins.
- Opens rib cage.
- Tones waist and abdominal muscles.
- Strengthens ankles, calves, knees and thighs.
- Challenges and improves balance.

#### PELVIS & HIPS ARE KEY TO HEALTHY FUNCTIONAL MOVEMENT & TO ASANA PRACTICE

It starts with opening the hips and allowing the pelvis to move freely! Everything is related in some way to the pelvis and our center of movement [\[the core\]](#). The available movement in our hip joints impacts the movement and position of our legs and feet below us. It also dictates the position of the pelvis! [Also,] many yoga postures assume some level of openness of the hip joints, especially with respect to external rotation. Remember, yoga came out of a culture in India where people regularly sat on the floor. They often moved in and out of a squat position for regular daily activities. In that sense, a certain level of openness in the hips is assumed• even though that isn't necessarily the case in a western culture. David Keil

#### THE BODY ROTATES AROUND ITS AXIS

Just as the earth revolves around its axis, when you connect the upper and lower appendicular skeletons, as in this pose, you can rotate the body around its axis the vertebral column. Ray Long

### Inner Body

As a twist, inner body effects may include the following (plus others founds in [Asana Category: Twisting](#)).

- Hydrates [spinal discs](#). (More detail [here](#).)
- Balances the nervous system.
- Stimulates digestive and elimination systems.

## Contraindications & Cautions

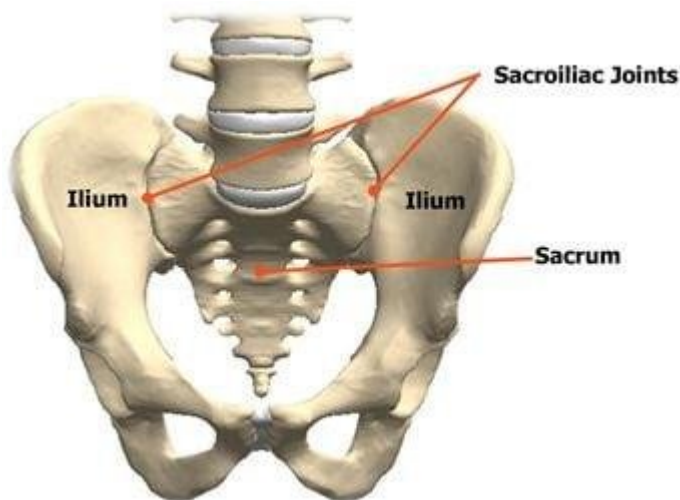
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### Contraindications

This pose generally not recommended for students with these conditions:

- Abdominal surgery
- Hernia
- [Knee injury](#)
- [Low blood pressure](#)
- [Migraine](#)
- [Pregnancy](#)
- [Spinal or Disc Injury](#)

### SI Joint Issues



- 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](#).

### Take Care

- Avoid knee strain. See [Problem Cues: Standing Poses](#) for considerations related to knee positioning in bent knee standing poses.
- Protect back knee by keeping back leg straight and strong.

- As with all poses, avoid neck strain by adjusting as necessary, including changing gaze to neutral or down, and lengthening neck.

## Basic Form

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### Set Up



1. Begin in [Crescent Lunge](#) or [Anjaneyasana \(Low Lunge\)](#).
2. Keeping knee and hips stable, reach upward and lengthen spine.
3. Keeping spine long, hinge forward halfway, as shown (without backbending or forward bending).

### Moving Into Pose

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1. Inhale, lengthen spine.
2. Exhale, mindfully rotate toward front leg. (Alternatively, put hands in prayer, thumbs touching chest, before twisting.)
3. Take hand of lower shoulder to floor, block or thigh. Be cautious with forcing an elbow-knee connection as noted below.\*
4. Focus on thoracic spine leading the twist. From that movement, determine where hand of top arm is best: hip, sacrum, prayer hands, or straight up.
5. If working toward taking back heel down (as in Warrior 1), mindfully adjust posture.

â??We can end up feeling stuck, which is often the result of one common mistake: backbending right before [rotating]â?!. [When twisting,] your chest is lifted because of the extension of your spine ([axial extension](#)), not because youâ??re backbending (youâ??re not!).â?• (Annie Adamson)

\* â??Placing the opposite elbow on the outside of your front knee can force your spine into a twist it may not be ready for. Itâ??s much easier to maintain length in your spine with your arms in the position I suggest here.â?• (Charlotte Bell)

### Hold Time

- 5 to 10 deep breaths, allowing movement (lengthening spine, and perhaps coming a little out of the twist or gently going more deeply, as appropriate)

### Coming Out

- Unwind, turning the torso back to facing forward and then lifting upright.



- Step back leg forward and relax in [Uttanasana](#) with knees slightly bent.
- Switch sides.

## To Emphasize

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1. Keep spine long and chest broad.
2. Press legs strongly.
3. Breathe into back body.

## Alignment & Verbal Cues

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### Feet & Legs

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It's usually advised to teach [standing poses](#) from the ground up. • Avoid focusing on upper body alignment, pose refinements or deepening the expression of the pose until the foundation is properly aligned and steady.

1. If back leg is in [Virabhadrasana I \(Warrior 1\)](#) alignment (full pose), ground outer edge of that foot, helping to rotate that hip forward.
2. If back leg is in [Crescent Lunge](#) position (with heel lifted and thigh and knee facing down), keep sole vertical and knee straight.
3. Take back hip down and revolve front hip back.
4. Keep front thigh down and back thigh lifting.
5. Keep front knee over heel.
6. Keep back leg strongly engaged with knee straight.
7. Keep legs drawing in to stabilize pelvis.

## See Also

David Keil (Yoganatomy.com) Why Can't I Put My Back Heel Down In Revolved Side Angle? [link](#) and [6-min video](#)

### Hips, Low Back, Abs

1. Keep tailbone centered.
2. Originate twist from the low belly.

### Upper Body



1. Reach top arm straight up to lengthen.
2. Then stretch top arm forward overhead, externally rotating arm.
3. Lengthen front of body from pubis to head.
4. Lengthen from back heel through crown of the head.
5. Keep head in line with spine.
6. Keep top shoulder moving to the back plane of your body. (Martin Kirk, Brooke Boon)
7. Rotate torso upward.
8. Move diaphragm away from abdomen. (Silva Mehta)
9. In prayer position, press hands strongly into each other & draw shoulders down away from ears.

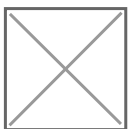
### THE MAIN FORCE OF ROTATION

The elbow (of lower arm) may serve as a lever to deepen the spinal rotation, but the main force of rotation should come from within the torso itself, especially from the waist muscles. â?? Joseph LePage

### REASONS & PROCESS FOR WORKING TOWARD TAKING HAND TOWARD FLOOR

I often see [students]â?| stuck in the â??prayer handsâ?• position, without any idea how to evolve this further. The shoulder to knee connection that we begin to develop in this posture is a component of many deeper and potentially more challenging postures, so it is worth spending some time working that aspect of revolved side angle as you have the opportunity. I suggest to students that they begin by putting the back knee on the floorâ?| Next I suggest that the students take the non-twisting hand and place it on the outside of the front knee and move it toward the midline, bringing it closer to the shoulder that they are trying to bind with. Then, I suggest that they take a few breaths to really look for the amount of reach that is available each time they work the pose. [See article for photos.] â?? David Keil

## Breath & Energy



### BREATHE ALONG THE SPIRAL OF ENERGY

Feel the breath move in a spiral from the outer heel to the crown of the head. Sense this spiral of energy throughout the entire spine and breathe along it, using the breath to create openness and space between the vertebral discs. â?? Joseph LePage

## Baxter Bell Video

### 4-min, Dropped Knee Version

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## See Also

- Don't miss the detailed teaching support in [Asana Category: Twisting Poses](#).

## Variations Summary

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### Back Leg

1. Place back leg down as in [Anjaneyasana \(Low Lunge\)](#).
2. Place back leg in [Crescent Lunge](#).
3. Place back leg in full pose: [Virabhadrasana I](#).

### Bottom Arm

1. Place hand of bottom arm on chair back or wall. (image with chair back [here](#))
2. Place hand of bottom arm on block (choose among 3 heights) to outside of front foot.
3. Place hand of bottom arm on block to inside of front foot.
4. Place hands in prayer.
5. Reach bottom arm under front thigh for bind.

### Top Arm

1. Place hand of top arm on heart.
2. Place hand of top arm on hip.
3. Place hand of top arm on sacrum.
4. Reach top arm straight up from shoulder.
5. Place hand of top arm behind head and roll upper body open.
6. Place hands in prayer.
7. Reach top arm forward.
8. Take top arm behind back for bind.

### Gaze

1. Gaze up.
2. Gaze ahead with neck in neutral.
3. Gaze down.

### Wall

1. Place back foot at wall.
2. Turn torso toward wall, pressing hands into wall. (Instructions and image by Jenny Clise [here](#).)



[Practicing Revolved Low Lunge with the wall] enables students to create more space across the entire chest by pressing into the wallâ?| [and helps to direct the shoulders directly over the hips and prevents hunching or rounding through the spines given the minimal amount of space between the torsos and the wall. â?? Jenny Clise

## Variations

Parivrtta ParsvakonasanaRevolved Side Angle Pose

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See [Basic Form.](#)

Consider variations for top arm,

including straight up, back

along side body, or hand at sacrum as shown in next image.

Hand at sacrum can provide feedback on positioning of hips and sacrum.

Pressing hands firmly can assist in opening chest and finding space in neck.

Top Arm VariationsArm Straight Up from Shoulder

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Top Hand to SacrumHand of Top Arm to Sacrum

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Prayer TwistPress Hands Firmly

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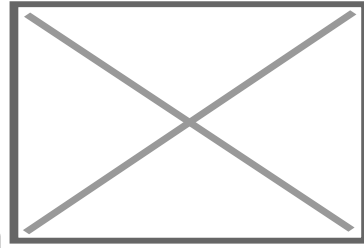
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Prayer Twist with Gaze Change Look Forward or Down



Reduce neck strain by looking forward or down.

Vary Neck and Gaze Flow with Breath

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Another option to avoid neck strain is to turn neck and gaze with the breath.

Knee Down Back Leg in Anjanasana

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Most variations can be practiced with back leg down. Shown here: Top arm to sacrum and gaze down.

Bottom Arm Inside Front Leg Hand to Block or Floor

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Image is of a different [pose/stretch](#), but demonstrates bottom arm inside front leg and twisting. Place a block on the inside of front leg. Top arm can be in any [variation](#).

Watch Out For Neck Strain

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Watch out for straining in the neck or face.



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## Sequencing

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### Preparation

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Consider poses such as these to prepare for *Parivrtta Parsvakonasana*.

- [Urdhva Hastasana \(Upward Salute\)](#), [Right Angle Pose](#), and [axial extension](#) within other poses and stretches
- [Standing Sidebend](#)
- [Adho Mukha Svanasana \(Downward Facing Dog\)](#)
- [Crescent Lunge](#)
- [Utthita Parsvakonasana \(Extended Side Angle\)](#)
- [Anjaneyasana \(Low Lunge\)](#)
- [Ardha Matsyendrasana \(Half Lord of the Fishes\)](#)
- [Bharadvajasana \(Sage Bharadvaja Twist\)](#)

### Neutralizing & Countering

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Consider poses such as these to neutralize and counter after practicing *Parivrtta Parsvakonasana*.

- [Uttanasana \(Standing Forward Bend\)](#) â?? knees bent
- [Adho Mukha Svanasana \(Downward Facing Dog\)](#)
- [Paschimottanasana \(Seated Forward Bend\)](#) â?? variation that promotes ease
- [Savasana \(Corpse Pose\)](#)

#### Author

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