

LEARN YOUR POSE

Ardha Matsyendrasana- Half Fish Pose



HALF FISH POSE

Twisting poses are the best when it comes to benefits these offers. Twists increase flexibility in your spine, calm the mind, relax the nervous system, improve digestion, and cleanse the internal organs.

[Half Lord of the Fish pose](#) is a popular seated twist to energize the spine and stimulate the digestive fire.

How to Do

- Sit erect with your legs stretched out in front of you.
- Ensure your feet placed together and spine absolutely erect.
- Now, bend your left leg such that the heel lies next to the right hip.
- Now, place the right leg next to the left knee by cross over the knee.
- Start twisting from your waist, neck, and shoulders towards the right, and set your gaze over your right shoulder.
- You have the option to place your arms in various positions to increase or decrease the stretch.
- Now simply place the right hand behind you, and the left hand on the right knee to deepen into the stretch.
- Hold the pose for 30 seconds, as you breathe slowly, yet deeply.
- Exhale and release the right hand, and then the waist, chest, and finally the neck. Relax as you sit straight.
- Switch on the other side, and repeat the steps.