



Yoga For You

Ray Madigan and Shelley Choy

Supta Marichyasana 3

(Reclined Pose) » This twisting pose is done while lying on the floor and is great for releasing tension in the back and making the spine supple.

1. Place a support such as a folded blanket or pillow on the floor and lie down on your back with the support on the left side at hip level.
2. Align your nose, navel and center of the feet so the body is not crooked.
3. Inhale and bend the right leg to your chest. Exhaling, swing your right knee and foot onto the support. The left side of your trunk and left leg should now turn and be on the floor. Hold your right knee down onto the support with your left hand. Extend your right arm on the floor in line with your right shoulder.



COURTESY MANOA YOGA CENTER
Chris Curtis, a student at Manoa Yoga Center,
demonstrates Supta Marichyasana 3.

4. Keeping your right knee down, exhale and turn your trunk to the right, bringing the back of your right shoulder to the floor. Check that your nose, navel and left leg are in line with each other.
5. When we twist, it is harder to breathe normally. Allow your breath to be as even as possible. As you stay in the pose, turn the left side of your abdomen, rib cage and chest to the right, bringing the right side of the back onto the floor. Do not force, but work with your exhalations to release stiffness and resistance to the movement.
6. Stay for a minute and repeat to the other side. Repeat this pose several times.

Ray Madigan and **Shelley Choy** are certified Iyengar Yoga teachers and co-direct the Manoa Yoga Center at Manoa Marketplace. Visit www.manoayoga.com or call 382-3910. Manoa Yoga Center, the authors and the Star-Bulletin take no responsibility for any injury arising from the practice of these yoga postures. Readers should seek a doctor's approval before commencing this yoga practice.