Parśva - Lateral Bends & Asymmetric Poses

Supine Poses
Jathara Parivrtti Parśva: Twisting the Jathara Agni (Digestive Fire) - Lateral Version
"Banana"/ Supine "Half Moon Pose"

Turn head if comfortable

Banana Pose

L ankle over R to left side OR reverse

Add blankets/blocks under head/shoulders as needed

Supta Eka Paḍangusthāsana Variations with a Belt - Leg Stretches

Eka Pēda

Parśva

Parivṛtti
Supta Eka Padāngusthāsana Variations with a Belt - Leg Stretches
Vinyasa-s/Flow Versions

Chair Version

Bolster Versions

Seated Poses - Pārśva Versions of Pascimātana Poses
Janusirsasana (Pārśva)- Head to Knee Pose
Upavista Konāsana (Pārśva)

Maha Mudrā (Pārśva = Assymetric) - Classical

Modified Mahā Mudrā or Jānuśīrṣāsana

Standing Poses

Tādāsana (Pārśva/Lateral Variations of Purvātana)

Pārśva Uttanasana - One-Sided Standing Forward Bend (Asymmetric Variation of Pascimātana)
Utthita Trikonāsana (Parsva) - Standing Triangle (3 Triangles/angles)" - Lateral Bend

Utthita Pārvakonasana - Standing Side Angle Pose

Vasisthāsana - Side Plank
Parighāsana - Gate Keeper Pose

Vasisthāsana Viñyāsa - Side Plank Flow

Ardha Candrāsana - Half Moon