

Spinal Twist Pose

Spinal twist poses (which can be done in a seated or reclining position) have several benefits:

- release tension and tightness in your abdominal region
- encourage spinal mobility
- tone your abdominal muscles and relieve lower back pain
- stimulate blood and oxygen flow, which encourages healthy digestion

Seated Spinal Twist

Start in a seated position on the floor. Sit up tall with your legs crossed. You want to be sure you experience a full length in your spine for an effective and safe rotation. Place your left hand on your right knee and position your right hand on the floor behind you.

As you inhale, press your right hand into the ground to help fully extend your spine. As you exhale, gently rotate your torso toward the right side of the room. Take another full breath in to maintain the length in your back. Exhale and twist a little bit more.



Take these rotations in small increments so as not to over-rotate. Even a 30-degree rotation is effective at achieving the benefits listed above. There's no need to push or force your body into these twisting poses. Hold your spinal twists for at least 10 slow breaths. Once complete, return to center, and then repeat on the other side.

Reclining Spinal Twist

Lie down on the floor and hug your knees into your chest. Take your bent knees over toward the left side of the room while you extend your right arm to the right side. You can guide the depth of the twist by placing your left hand on your legs and gently press toward the floor.

Performing this twist in a lying down position can be more relaxing, allowing your muscles to stretch and release tension. Hold the posture for 10-15 breaths. Return your knees to center, then perform the rotation on the other side.



If your legs don't touch when you rotate or if your bent knees don't reach the ground, you can place a yoga block, pillow, or rolled-up towel between your leg and the floor or between your knees to relax comfortably in this position.