

SEATED Spinal Twist

- Sit forward on the chair, make the spine long and aligned.
- Place both feet flat on the floor or prop.
- Place the **left** hand on the **right** knee or thigh.
- Place the **right** hand on the chair seat behind you, hold the back of the chair.
- Slowly twist to the **right**, continuing to lengthen the spine and neck. Look over the **right** shoulder and hold, breathe.
- Return to center. Repeat the twist to the left.
- Place the **right** hand on the **left** or thigh.
- Place the **left** hand on the chair seat behind you, hold the back of the chair.
- Slowly twist to the **left**, continuing to lengthen the spine and neck. Look over the **left** shoulder and hold, breathe.
- Return to center.
- Breathe normally.
- Notice how that felt.



