

Yoga for a Flexible Happy Spine

(Week 3)



Welcome back! We are into week three and I hope you all are feeling the benefits of these very relaxing, stimulating poses. We are doing this! I am inspired and excited about the alignment and peace I have been feeling, how has it been for you? Well, we are going to keep going, so let's do this!

Side Twist (movement 5)

Sit on the heels. Place the hands on the shoulders, fingers in front and thumbs in back. Inhale, twist to the left. Exhale, twist to the right. Twist your head to each side as well. Gradually feel an increased rotation in your spine. Keep elbows parallel to the ground.

Continue 1-2 minutes or 26 times.

To end: Inhale center, hold the breath, exhale, relax and feel the energy circulate.

Benefits: opens the heart center and stimulates the upper spine.

Side Bends (movement 6)

In Easy Pose, clasp hands behind neck (fingers interlaced) and bend sideways at the waist, aiming the elbow toward the floor beside the hip. Inhale as you bend left, exhale right. Don't arch or contract the back.

1-2 minutes or 26 times.

Benefits: stimulates liver and colon and increase spinal flexibility.