

Spinal Twist Pose in a Chair



YOGA MOVES **MS**

- Begin in Mountain Pose in a Chair.
- Turn toward your right. Place your right hand or forearm on the back of your chair.
- Place your left hand against the outside of your right knee. Press your knee against your hand and your hand against your knee.
- Draw your belly in and up.
- Begin the twist to the right from your navel and then continue the twist up your spine.
- Roll your right shoulder back.
- Turn your head gently to the right after you have twisted your spine.
- Continue to lengthen your spine.
- Enjoy the twist for three to five breaths.
- Practice the instructions above, twisting to the opposite side of your body.

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**Yoga skills and techniques presented in this article are not a replacement for medical care or personal instruction from a qualified instructor. Before beginning your yoga practice, consult your physician for any contraindications to the poses and exercises listed such as neck, spine, wrist or ankle injury.