

This routine starts building the loose back and shoulders and strong side muscles that are so important when doing twisted poses. Try this routine once or twice a week for a few weeks and then try adding some simple versions of twists poses at the end. (The Twisted Wide Angle Pose should get you started.) Remember, most twisted poses can be modified to be manageable whatever your current level of physical ability. (Email me if you want tips.) Try coaxing your body into them at your own level, staying focused on how your body relaxes and stretches more when you breathe out. Over time, the more difficult ones can be managed by most people. Then you can enjoy the burst of energy and physical rebalancing that these poses bring!

Watch Out: Twisted poses, including the gentle ones illustrated here, are not to be done by pregnant women, nor by people with fused spines or with metal rods in their spine. If you have osteoporosis in your spine, consult with your doctor first.

1. Warm Up



Simple Side Bends



2. Breathing Exercise

Lying down, practice each of these 3 breathing exercises for 1 minute, to gain awareness and independent control of your breathing muscles:

- ? Abdominal Breathing
- ? Chest Breathing 1
- ? Chest Breathing 2

3. Meditation

1-3 minutes (or more!)

Notice how your body lets go as you breathe out. Particularly notice how, the longer you take to let go of your breath, the more time your body has to sink down and let go.

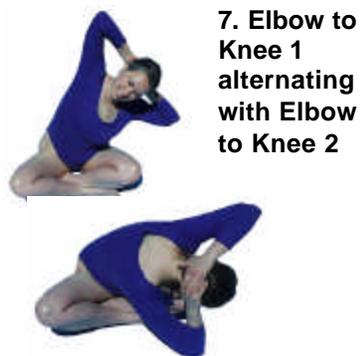
4. Leg Over



6. Elbow Opener

Breathing In – open your elbows as long as you're breathing in (but not to the point of pain!)

Breathing Out – relax your arms and bring them forward.



7. Elbow to Knee 1 alternating with Elbow to Knee 2



8. Triangle Primer or Triangle Pose

9. Twisted Wide Angle Pose

Poses boxed together make good mini-routines

10. Add your favourite twist poses here, or go on to the Relaxation.