

## Spine Twist

Starting position: Sitting up tall on your sitting bones. Legs crossed or with the soles of the feet together and the hips and knees turned outwards. Neutral spine position. Arms folded into the 'cossak' position.

### Action

- EXHALE, rotate your spine to the left around a vertical axis, keeping your hips facing forwards
  - INHALE and hold the stretch
  - EXHALE, rotate your spine back into the centre around a vertical axis, keeping your hips facing forwards
  - Repeat alternating sides
- Sets: 2   Reps: 10



### Tips

- Think of growing taller each time you rotate your spine
- Keep even weight on your sitting bones
- Imagine climbing a spiral staircase with each turn of the body, climbing higher as you turn
- Imagine there are spotlights on the front of the hips that you want to keep facing forwards