

LEARN YOUR POSE

Lying Spinal Twist AKA Natrajasana



How to Do

- Start from lying on your back with arms horizontally stretched out in line with the shoulders.
- Bend your knees to bring your feet close to your hips. Let soles of the feet touch the ground.
- Inhale and swing the knees to the left until the left knee touches the ground (the right knee and thigh are resting on the left knee and thigh).
- Simultaneously, turn the head to the opposite direction (right) and gaze your right palm.
- Shoulder blades must touch the ground. While the body is twisted, there is a tendency for one of the shoulder blades to get lifted off the ground.
- Keep breathing and feel the stretch in the thighs, groin, arms, neck, stomach and back as you hold the pose. With each exhalation, relax deeper into the pose.
- Slowly move back to the center, and straighten the torso and legs.
- Repeat the same on the other side.