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Twist Rotation

Twists possess regenerative qualities and function as balancing asanas in yoga. They are typically practiced after movements such as backward or forward bends.

It's essential to maintain the length and alignment of the spine while initiating the twist from it.

Firstly, turn to the right, following the path of the digestive tract. Here, the internal organs receive a gentle massage, having a cleansing effect. The flexibility of the spine and the circulation of fluid in the intervertebral discs improve. Twists maintain spinal flexibility and invigorate the nearby nerves.

Visualize once again the three-dimensional flexibility of the spine:

- Forward and backward bends
- Right and left side bends
- Right and left twists

Pay attention during your practice to:

Keeping the spine upright throughout the position's duration, with the chest lifted. This prevents compression on the intervertebral discs.

Help yourself: Keep your spine upright while sitting, elevate slightly on a folded blanket for pelvic and lower back support.

Let your heart lead the rotation, not your head.

