Week Four: Seated Spinal Twist

Benefits:
- Strengthens the spinal column and surrounding muscles
- Calms the nervous system
- Cleanses the entire body leaving one feeling refreshed

How to:
Begin seated on your mat with your legs extended in front of you. Sit up nice and tall finding length in your spine. Bend your right knee and cross it at the ankle. Your right ankle will be beside your left knee. Inhale, lifting your left arm to the sky then twist pressing the back of your left arm on outside of your right knee. Press your right hand into the mat beside your right hip to provide balance and support. Hold for three breaths. Repeat on the opposite side.