

Weekly Yoga Session with Claire!

www.ClaireDiab.com

The Seated Twist Pose



**Sit Upright
Bend Right Knee**



**Turn to the Right
Breathe 6-9 Breaths
Repeat, other side**



**Rest in Child's Pose
6-9 Breaths**

Instructions:

- ❖ **From a seated position with both legs extended out in front of you, bend your right knee toward your chest with your right foot on the floor. Sit up nice and straight, both shoulders are gently pressed back and down.**
- ❖ **Bring your left arm around your right knee**
- ❖ **Place your right hand behind you palm on the floor with the heel of your hand next to your tailbone and fingers turned toward the wall behind you. Chin is over the shoulder comfortably. Close your eyes breathing deeply.**
- ❖ **Think about lengthening your spine by gently pressing the crown (top) of your head toward the sky and pressing your sit bones toward the earth. These are "press points" which you gently press into to help align your body into the proper position. Breathe four more deep breaths**
- ❖ **Face foot forward. Switch legs and repeat other side with left knee bent. Turning to the left.**
- ❖ **Repeat the sequence again, breathing full deep breaths throughout.**
- ❖ **When finished rest in Child's Pose. Breathe in and out four to six breaths.**

TIPS

Create a Sacred Space

- **Unplug the phone**
- **Place mat or towel down**
- **Dim the lights**

Breathe in a Relaxed Manner

- **Full deep breaths**
- **Breathe continually**

Relax Through the Movement

- **Place tip of tongue gently behind the two front upper teeth on the ridge of your gum, this is called the Fire Point*.**
- **Relax your jaw, unclench your teeth**
- **Keep your shoulders relaxed, back, and down**

Move Easily and Gently

- **Never force or strain**
- **Smile with your eyes by gently bringing the corners of your mouth towards you ears**

Enjoy the Sequence

- **Allow yourself the freedom to move your body in anyway it needs**

Safety Tips

- ❖ **It is very important to move slowly and easily as you come into the pose. Feel your body for messages of comfort and discomfort. Always choose the most comfortable choice, for this will nourish your mind, body, and soul.**
- ❖ **If your knees bother you, you can keep the legs straight and still perform the seated twist pose by placing the hand on the outside your thigh and then turn following the same instruction.**
- ❖ **If you are not able to sit up straight, easily and comfortably, sit on a cushion or a folded towel**
- ❖ **Avoid this pose if you have back pain.**
- ❖ **If you are pregnant (Congratulations!) Keep your bellow forward and your bent knee to the side of your belly and gently turn from the shoulder.**
- ❖ **Child's pose can be done on the back with knees to chest if this is more comfortable.**

Benefits

- ❖ Improves Posture
- ❖ Lengthens and Strengthens the Spine
- ❖ Nourishes your Liver and Kidneys
- ❖ Improves Digestion
- ❖ Improves Circulation
- ❖ Strengthens Central Nervous System

This Week's Mantra

Om Vardhanam Namah

Pronunciation: Om Vard-uh-nahm Nah-Mah

"I am the nourisher of the universe and the universe nourishes me"

This week:

- ❖ Be aware of Giving and Receiving.
- ❖ Cultivate an Attitude of Gratitude
- ❖ Be aware of nourishing your body with nourishing food, water, breathing, movement, relaxation and love. Silently repeat during the day
"I am the nourisher of my body and my body nourishes me".

If You Have Any Questions or to Order my DVD's and Books Contact Me

www.ClaireDiab.com

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Have a Wonderful Week!

NAMASTE!