



Twisted Child Sequence

Sit on your hands and knees with your hips directly over your knees and shoulders directly above your wrists. Lengthen spine and pull in your navel to keep your hips and pelvis perfectly still throughout the exercise.

1. Reach your right hand up in the air and rotate your chest and ribs towards the right. Look up to the right hand and take a deep breath or two. As you exhale thread your right arm through the hole of your left arm and thigh. Rest on your right shoulder. Head rests on the floor but can lift off the floor at anytime. Place your left hand under left shoulder and gently press hand into the floor to rotate your chest and ribs towards the left. Keep spiraling upper back and head comfortably.
2. Release left hand and “wrap” arm across back, holding onto right hip/thigh or clothing. On the exhale open left elbow more to twist upper back more. Remember pelvis stays still!
3. Reach left arm on floor above head, walk hand to the right. Press left hand into floor and reach sit bones backward to stretch. On the exhale look into left armpit as you twist the upper back again. Slowly release, walk left hand under shoulder and press up to do the other side.