

Age {Less} Move More

Oppositional Twist Movement Sheet



Seated Oppositional Twist

Sit with your right foot back, your heel beside your right butt cheek (virasana or hero's pose). Place your left foot onto the top of your right thigh (if you have knee challenges sit in a simple crossed leg position).

Take your ribs in and keep your tail long as you exhale and turn from your navel to the left. Place your right hand on the outer edge of your left knee. On the next exhalation turn your chest, neck and eyes to look over your left shoulder. On each exhale, turn a bit more into the twist, feel as you are pulled a bit out on each inhale.

Keep turning your body to the left and turn your neck, head and eyes to look over your right shoulder.

Hold and on each exhale turn in these 2-opposite directions.

When ready come out by taking your head back to center on an inhale and then your body. Switch sides.

Sit with your left foot back, your heel beside your right butt cheek (virasana or hero's pose). Place your right foot onto the top of your left thigh (if you have knee challenges sit in a simple crossed leg position).

Take your ribs in and keep your tail long as you exhale and turn from your navel to the right. Place your right hand on the outer edge of your right knee. On the next exhalation turn your chest, neck and eyes to look over your right shoulder. On each exhale, turn a bit more into the twist, feel as you are pulled a bit out on each inhale.

Keep turning your body to the right and turn your neck, head and eyes to look over your left shoulder.

Hold and on each exhale turn in these 2-opposite directions.

When ready come out by taking your head back to center on an inhale and then your body.

Sit and feel the lightness in your neck and head!