Gentle Yoga for Mobility and Relaxation

Lecture 5: The Gentle Seated Twist



- Improved Flexibility
- Reduced Tension
- Calm Mind

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Three Core Questions

5.1



1. How does the spine twist?
2. How do we twist gently & safely?
3. What does it feel like?

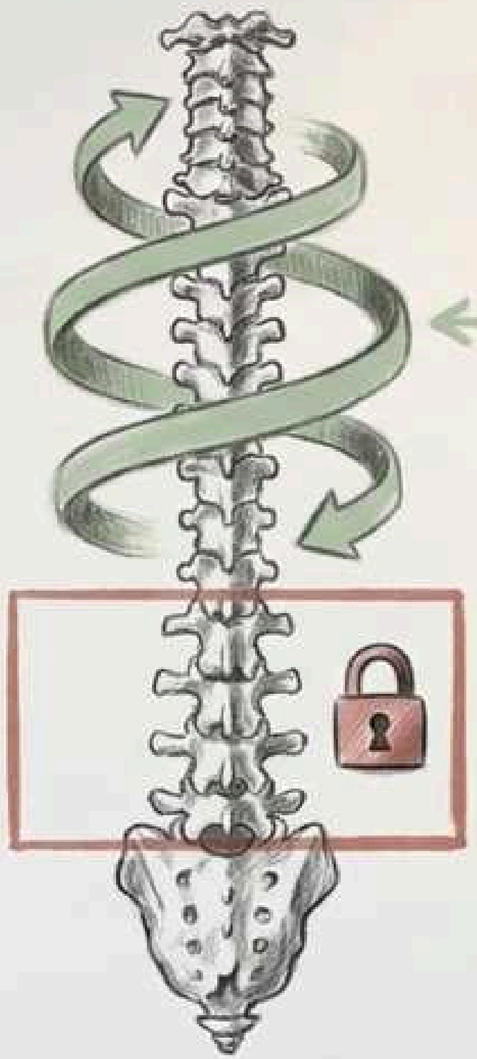


30 Seconds Per Side

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The Anatomy of a Twist

5.2



Thoracic & Cervical (Upper/Mid & Neck):

Where the twist happens.
Turn from the ribcage.
Turn from the ribcage and shoulders.

Lumbar (Lower):

Very few degrees of rotation.
Do not wrench.

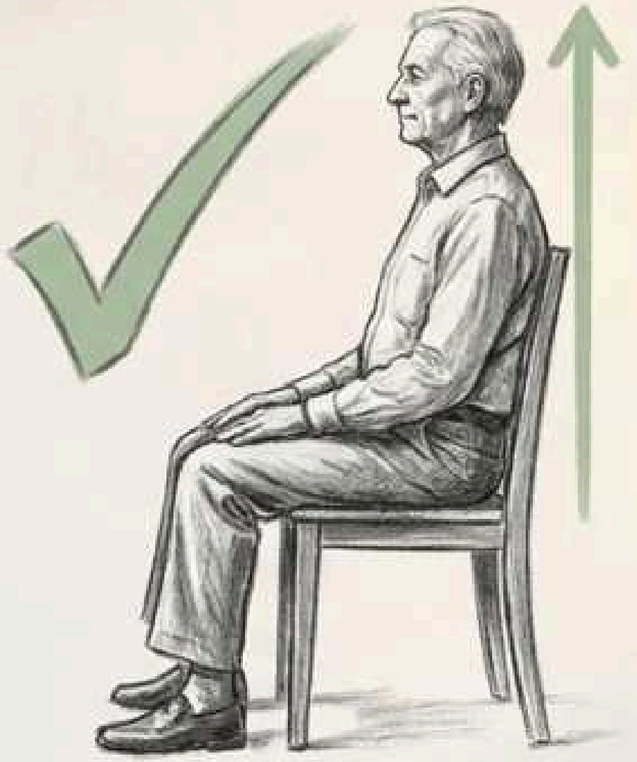
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Rule #1: Lengthen Before You Turn

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Slumped spine does not.



A tall spine twists easily and safely.

Breathe in to grow taller.

A tall spine twists easily and safely. A slumped spine does not.

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The Floor Version (Simple Twist)



Sequence:

1. Belly
2. Chest
3. Shoulders
4. Head

Use hands lightly—let the body do the turning, not the arms pulling.

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The Chair Version



Knees pointing forward.

Hold backrest lightly—no pulling.

Sitting bones grounded evenly on the seat.

(Sit sideways or facing forward).

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The Breath Formula



Inhale = Grow Tall

Exhale = Turn Further (if easy)

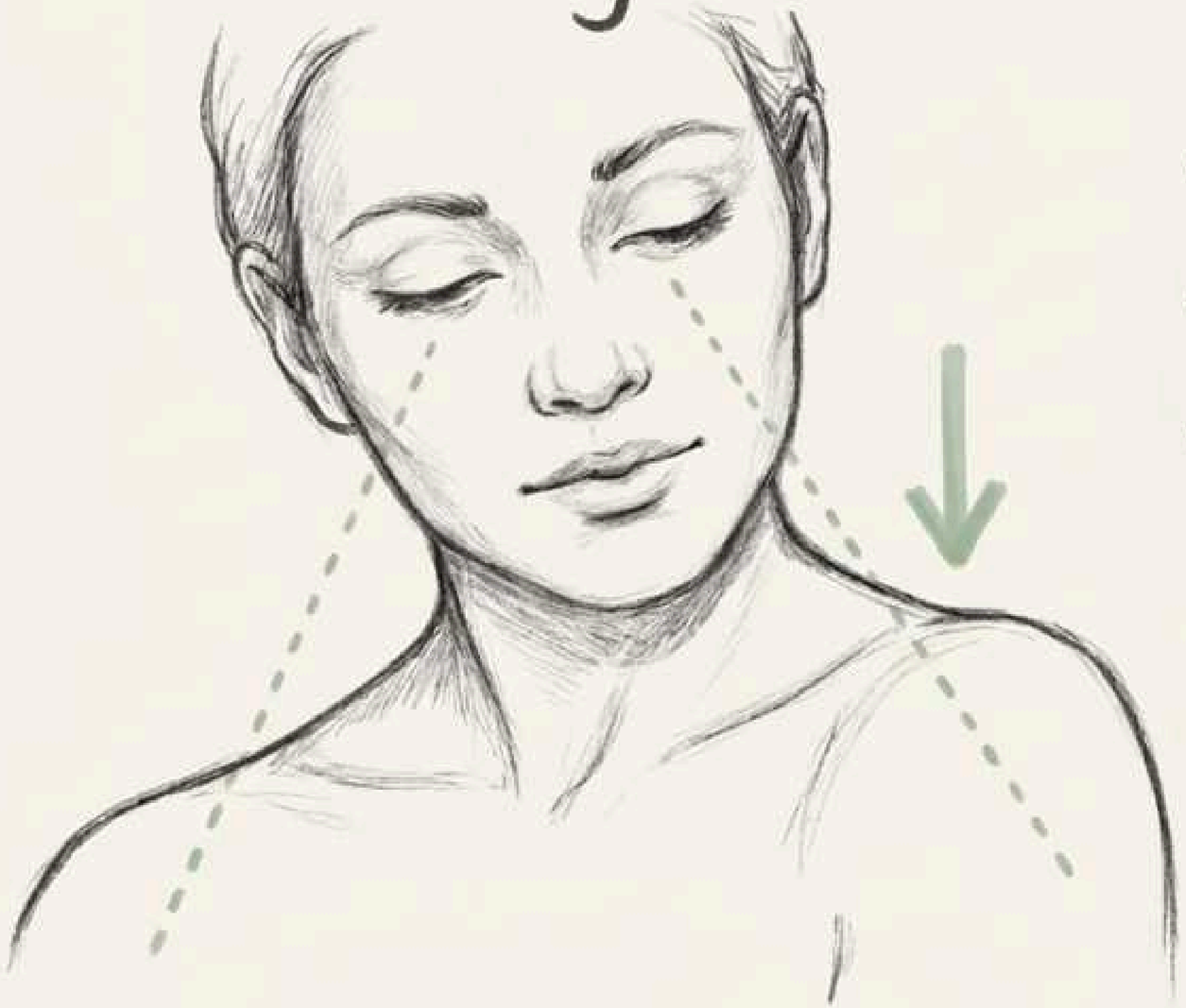
Hold 30 Seconds (5-6 Breaths)

Feel a gentle wringing in the middle of the body.

Never pinching or sharp.

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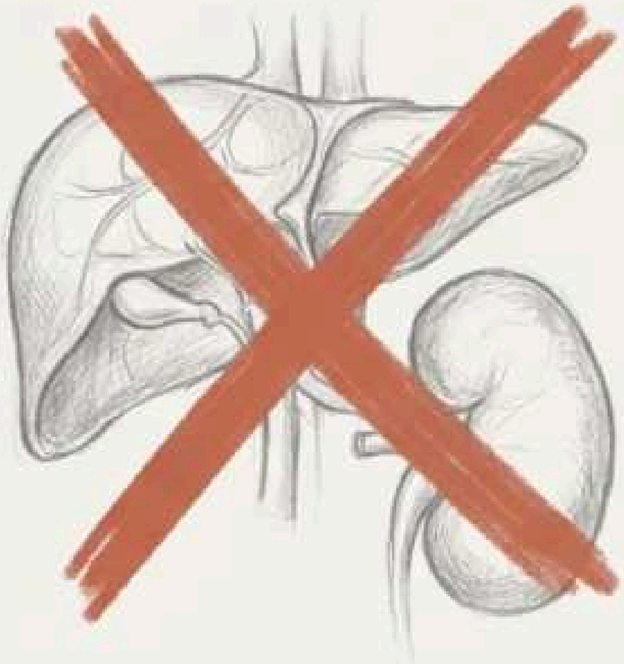
Relaxing the Head, Neck, and Jaw



- Keep shoulders down.
- Keep jaw soft.
- Gaze Options: Look over the shoulder OR keep head aligned with the chest if the neck feels uncomfortable.

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Myth vs. Fact: What Twists Actually Do



Myth: Massages or detoxifies organs.

(Fact: The body clears waste on its own through the liver and kidneys).



Fact: Restores rotational mobility.

Twists are refreshing because they move the spine through rotation—a movement daily life rarely asks of it.

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Safety & Modifications

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→ Osteoporosis: Keep the twist small and upright. Avoid forceful/deep twisting combined with forward bending.



→ Disc Problems/Surgery: Consult a medical professional first.

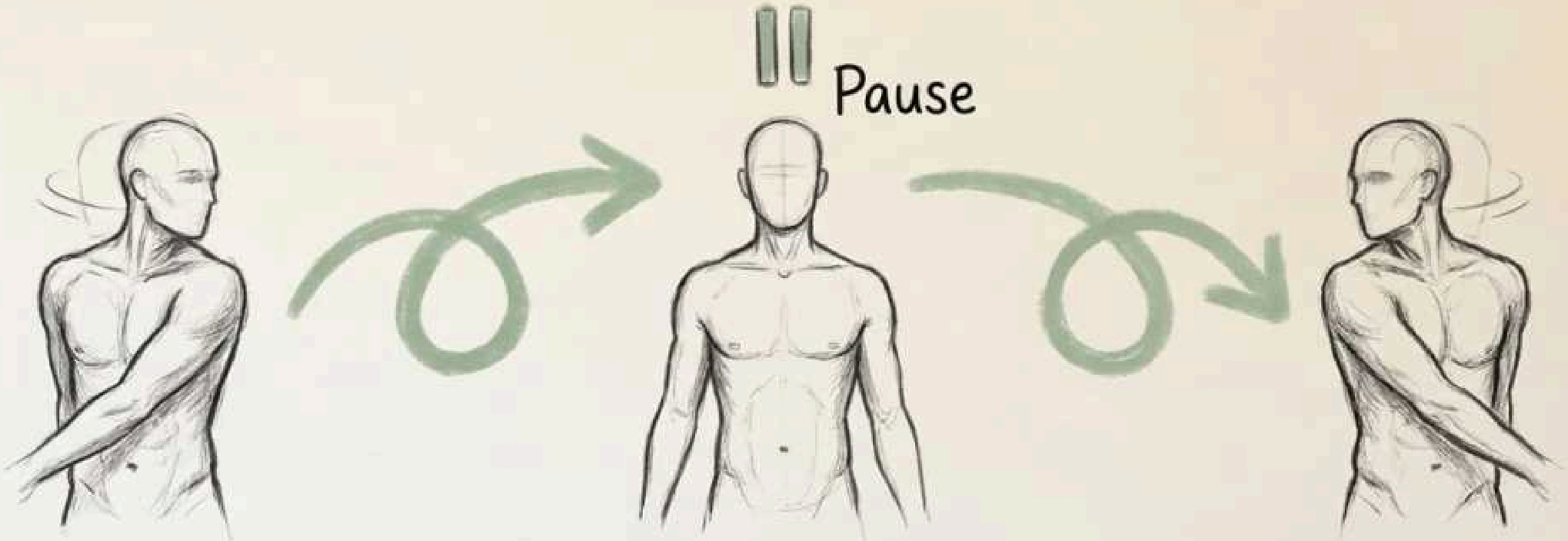


→ Pregnancy: Use an "open twist" (turn gently away from the belly).

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Unwinding from the Twist

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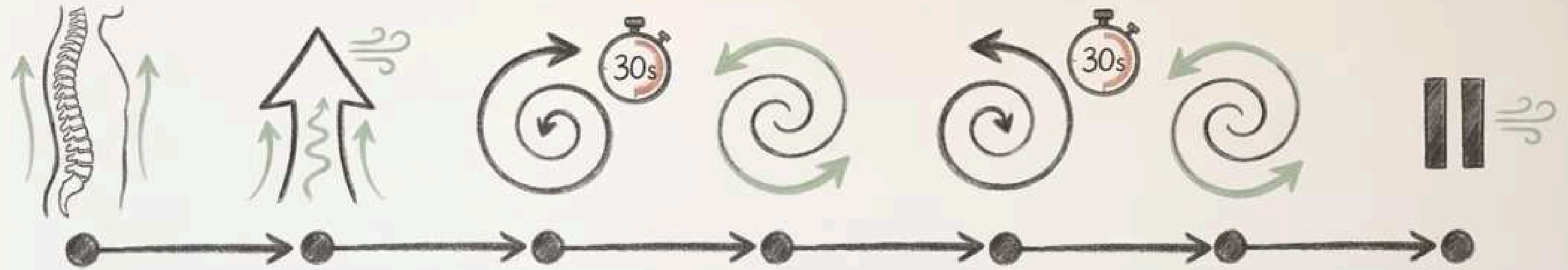
Breathe in, slowly unwind to face forward (head comes last). Pause for a breath.

Repeat on the left side.

Notice: Does one direction feel easier than the other?

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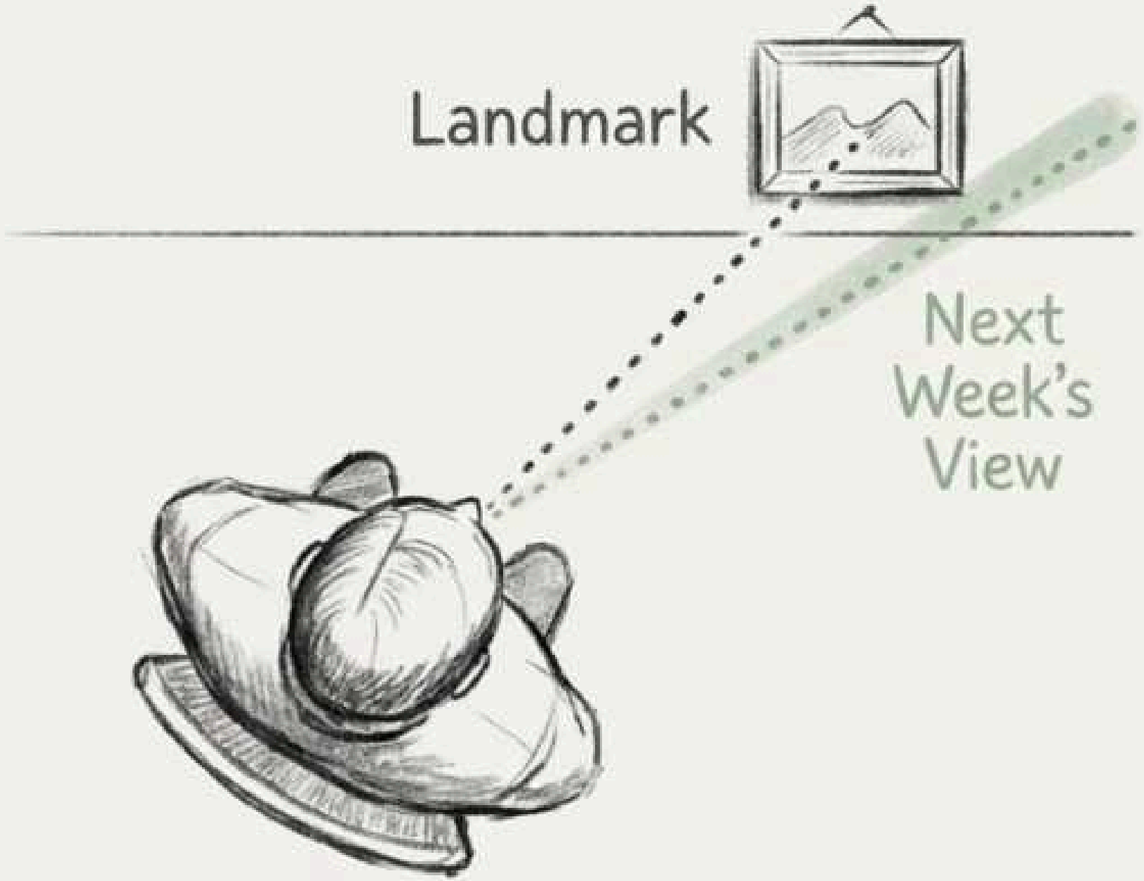
The Full Practice Flow



A complete cycle of the Gentle Seated Twist.

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Tracking Your Progress



The Closing Exercise:
Pick a visual landmark you can see over your shoulder at the end of your turn.

After one week of daily practice, check if you can see a little further.

Do this without forcing.

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