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Yoga For You

Ray Madigan and Shelley Choy

Simple Chair Twist

Twists require us to remain aware of the unmoving base of the pose while creating an even, steady movement throughout the spine. This pose helps relieve stiffness in the back and brings a feeling of lightness and rejuvenation. It is best to use a chair that is stable and does not roll.

1. Sit on the left corner of the chair with the feet a hip width apart. Point the feet forward and keep the knees directly over the ankles so your shins are perpendicular to the floor.

2. Distribute your weight evenly on both buttock bones. Lift your trunk and sit tall without leaning left or right.

3. Inhale, lifting your trunk. Exhale and bring your left hand across your right knee. Swing the right arm behind your body and take it to the seat of the chair. If this is easy, take your right hand to the side bar.

COURTESY MANOA YOGA CENTER
Shelley Choy, co-director of Manoa Yoga Center, demonstrates a simple chair twist.

4. As you inhale, lift your trunk and twist to the right with an exhalation. Use your arms to help you twist. Your feet, legs and buttock bones should not move. The legs and buttock bones are the base of the pose and should remain steady. Keep your spine tall and straight. Do not lean or allow the back to arch. Turn your head and gaze over your right shoulder.

5. Hold the pose for up to a minute, breathing evenly through your nose, then return to the first position. Sit on the right corner of the chair and repeat the pose to the other side, twisting to the left.

Ray Madigan and **Shelley Choy** are certified Iyengar Yoga teachers and co-direct the Manoa Yoga Center at Manoa Marketplace. Visit www.manoayoga.com or call 382-3910. Manoa Yoga Center, the authors and the Star-Bulletin take no responsibility for any injury arising from the practice of these yoga postures. Readers should seek a doctor's approval before commencing this yoga practice.

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