

# The Chopra Center Weekly Yoga Session with Claire!

[www.ClaireDiab.com](http://www.ClaireDiab.com)

## This week's Pose: *Chair Seated Twist Pose*



Sitting comfortably  
Breathe 6-9 breaths



Turn to the Right  
Breath 3-5 deep breaths



Come back to Center  
Turn to the Left

### Instructions:

- ❖ Sitting comfortably in your chair. Breath in and out through your nostrils 6-9 times, full deep belly breaths.
- ❖ Sit toward the front of your chair and turn to the right with your left hand on the outside of your right knee. Your right hand is on the back of your seat. Breathing full deep breaths in and out of your nostrils 6-9 breaths.
- ❖ Come back to the center and then turn to the left. Breath 6-9 deep breaths.
- ❖ Come back to the center breathing easy and receive the benefits of the pose.

### Benefits

- ❖ Lengthens the muscles around the spine and hips.
- ❖ Nourishes and massages the liver and kidneys.
- ❖ Increases blood flow to the heart and lungs.
- ❖ Lengthens the muscles around the shoulder and chest.

## **Safety Tips**

- ❖ If your feet do not touch the floor place a block or books underneath your feet to elevate your knees so the knees are level with your hips.
- ❖ Avoid this pose if you have herniated disks.
- ❖ Do what is most nourishing for your mind, body and soul.

## **This Week's Mantra**

### ***Om Daksham Namah***

Pronunciation: Om Dahk-shahm Nah-Mah

*“My actions achieve maximum benefit with minimal effort.”*

## ***This week:***

- ❖ Move with effortless ease while going about your daily tasks.
- ❖ Accept each moment as it is. Knowing when we have total acceptance of people, places and situations as they are we can evolve into whatever it is we desire.

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

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Have a Wonderful Week, Happy New Year!

*Namaste!*