

The Chopra Center Weekly Yoga Session with Claire!

www.ClaireDiab.com

This week's Pose: *Knees Down Twist*



Lying down
Breathe 6-9 breaths



Knee to chest
Breath 3-5 deep breaths



Knee Down Twist
Breath easy 6-9 deep breaths

Instructions:

- ❖ Lying down. Breath in and out through your nostrils 6-9 times, full deep breaths.
- ❖ Bring your right knees in toward your chest, breathing full deep breaths in and out of your nostrils. With your left hand on the outside of your right knee bring your right knee over to the left. Extend your right arm out to the right with your palm turned up. Turn your head to the right. Breath in and out 6-9 times full deep belly breaths.
- ❖ Bring your right knee back to the center. Hug both knees in toward your chest breathing in and out. Then straighten your right leg on the ground and do the Knee Down Twist by bringing the left knee down to the right side. Enjoy!
- ❖ Rest in the lying down position breathing easy and receive the benefits of the pose.

Benefits

- ❖ Lengthens the muscles around the spine, hip and buttocks.
- ❖ Nourishes and massages the internal abdominal organs.
- ❖ Increases blood flow to the heart and lungs
- ❖ Lengthens the muscles around the shoulder and chest.

Safety Tips

- ❖ If your back bothers you while you are in the lying down position, bend both knees with your feet flat on the floor. Feet are hip width apart and let your knees touch.
- ❖ 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

Claire@Chopra.com

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Have a Wonderful Week, Happy New Year!

Namaste!