



Twists – Working from the inside out

What is a twist and why do we find them in every yoga class?

A twist is any yoga pose that involves rotating your spine. Basically, **one part of your spine rotates in a different direction than another part of the spine.** Twists are some of my favorite yoga postures. After a long day of sitting at a desk or driving in a crazy snow storm (like the 51 cm we had on Feb. 16), twists can stretch and strengthen the muscles of the back and help create space in the spine to bring it back to a more natural range of motion.

Twists can also aid with digestion. I often refer to twists as the perfect way to “Soak and Rinse” the abdominal organs. When you twist your spine in one direction and then the other, you are in essence compressing and releasing your organs. You compress and get fresh blood to your organs and then release so they receive a rinse of fresh nutrients into all of your cells. You are also giving your stomach, the muscle of digestion, a “workout” so that it can better process those nutrients and shall we say “move things along”.

If I am trying to open the energy pathways, I often include twists to stretch the chest and shoulders and that is especially nice if you have been sitting or slumping during the day. This lengthening and creating space opens up the lungs which gets more oxygen into the body. More oxygen...instant energy.

These postures give a whole new meaning to a great tune “C’mon let’s twist again...”