

GENTLE TWIST SCRIPT

Gentle Twist is a simple stretching exercise or yoga pose that involves rotating the torso to one side while keeping the hips and legs stable. This movement is designed to increase spinal flexibility and relieve tension in the back and shoulders.

Here are the steps of the Energy Flow® Gentle Twist exercise:

1. Begin by taking a few deep breaths to relax and centre yourself.
2. Sit up with a straight spine or stand with your feet hip-width apart.
3. Slowly twist your upper body to the right side, using your core muscles to facilitate the movement.
4. You can place your left hand on your right knee or thigh for support and your right hand behind you on the floor or the back of a chair for stability.
5. Hold the twist for about 15-30 seconds, maintaining a gentle stretch in the spine.
6. As you exhale, see if you can deepen the twist slightly without forcing it.
7. Inhale to lengthen the spine, and exhale to relax into the twist.
8. After holding the twist, slowly return to the centre.
9. Repeat the twist on the left side, following the same instructions.
10. Continue to alternate between the right and left sides, moving at your own pace.

11. After completing the twists, take a moment to sit quietly and notice how your spine and body feel.

Reflection questions:

1. How did your body feel before you started the twist, and how does it feel afterward?
2. What sensations did you notice in your body during the twist?
3. What thoughts or feelings arose during the twisting movement?