

## **DYNAMIC STANDING TWISTS SCRIPT**

This is a movement practice that involves twisting the torso from side to side while standing, often coordinated with the breath.

**Here are the steps of the Energy Flow® Dynamic Standing Twists exercise:**

1. Stand with feet shoulder-width apart, knees slightly bent, and arms at your sides.
2. Inhale deeply, lengthening your spine, and as you exhale, twist your torso to the right, bringing your left hand toward your right side.
3. Inhale to return to centre, then exhale and twist to the left, bringing your right hand toward your left side.
4. Continue twisting from side to side, allowing the movement to be fluid and synchronised with your breath.
5. Keep your movements controlled and gentle, ensuring you're not over-rotating.

### **Reflection questions:**

1. What sensations did you notice in your body as you twisted from side to side?
2. What part of your body felt the most engaged during the twists?
3. What changes did you notice in your energy levels or mood after completing the exercise?