



## Two-Knee Spinal Twist Yoga Pose

Here are general steps for a two-knee spiral twist:

- **Starting Position:**

- Begin by lying on your back on a comfortable mat.
- Bend your knees and place your feet flat on the floor.

- **Arm Position:**

- Extend your arms to the sides, forming a T-shape with your body.
- Keep your palms facing down.

- **Twisting Movement:**

- Inhale as you lift your knees towards your chest.
- Exhale and slowly lower both knees to one side, aiming to touch the floor.
- Keep your shoulders on the mat and maintain the T-shape with your arms.

- **Engage Core Muscles:**

- Engage your core muscles to control the movement.
- Feel the twist in your spine as your knees move to the side.

- **Return to Center:**

- Inhale and slowly bring your knees back to the center.
- Exhale and repeat the twist, this time lowering your knees to the opposite side.

- **Repetition:**

- Repeat the movement for a set number of repetitions or a specified duration.

- **Breathing:**

- Coordinate your breath with the movement, inhaling in the center and exhaling during the twist.

- **Modification:**

- If needed, you can modify the range of motion based on your flexibility and comfort.

- **Cool Down:**

- After completing the desired number of repetitions, gently bring your knees back to the center.
- Make a moment to relax and stretch before standing up.

Remember to listen to your body, start with a comfortable range of motion, and gradually increase intensity as you become more familiar with the exercise. If you experience any pain or discomfort, stop the exercise, and consult with a fitness professional or healthcare provider.

Gaze in  
this ←  
direction

