

## Lying Spinal Rotation – Version 2

This move takes the lying spinal rotation one step further. Remember that the hand on the knee assists the movement by gravity and not by force. Try to visualize continued movement of the knees towards the floor with each exhale.

### Lying Spinal Rotation Version 2

Model: Courtney Miller Photos by: Darlene Czech



Figure 1



Figure 2



Lie on your back with your knees together. Next, cross your left knee over your right. Maintaining the rhythm of your breath, place your right hand on the left knee and let gravity guide the movement of the knees towards the floor. Inhale and exhale four times, return to your starting position and repeat the process on the opposite side.



Repetitions: \_\_\_\_\_ X Per Day: \_\_\_\_\_ Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

“There is a field beyond all notions of right and wrong. Can you meet me there?”  
-Jelaluddin Rumi

