**Ardha Matsyendrasana (Half Spinal Twist)**

Equipment: Yoga mat

* Do the yoga poses only as far as your body feels comfortable — never force or overstretch.
* Breathe normally, stop if you feel pain, dizziness, or strain.

**Avoid if**

* you are pregnant.
* have recently undergone abdominal surgeries.
* have spinal issues.

**Instructions:**

1. Starting Position:

* Sit up with your legs stretched out straight in front of you, keeping your feet together and your spine erect.

1. Bend the Left Leg:

* Bend your left leg and place the heel of the left foot beside your right hip.

1. Cross the Right Leg:

* Take your right leg over the left knee, placing the right foot flat on the floor.

1. Position Your Hands:

* Place your left hand on your right knee and your right hand behind you, fingers pointing away from your body.

1. Initiate the Twist:

* Begin to twist your waist, then your shoulders, and finally your neck to the right, looking over your right shoulder.

1. Maintain Proper Posture:

* Keep your spine erect throughout the pose.

1. Breath Awareness:

* Hold the position and continue to breathe gently and deeply, inhaling and exhaling slowly.

1. Release the Pose:

* When you are ready to come out of the pose, breathe out and gently release your right hand from behind you.
* Release the twist, starting from your waist, then your chest, and lastly your neck, returning to a relaxed yet straight seated position.

1. Repeat on the Other Side:

* Follow the same steps for the left side, bending the right leg and twisting to the left.