**Kati Chakrasana (Standing 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.
* You have recently undergone abdominal surgeries.
* You have spinal issues.

**Instructions**:

1. Starting Position:

* Stand up straight with your feet together and your arms relaxed at your sides.

1. Arm Position:

* As you breathe in, stretch your hands out in front of you, palms facing each other, parallel to the ground.

1. Twist to the Right:

* Exhale and gently twist from the waist to the right, looking back over your right shoulder.

1. Maintain Distance:

* Keep the distance between your palm’s constant throughout the twist.

1. Return to Center:

* Breathing in, return to the center position.

1. Twist to the Left:

* Breathing out, turn to your left and repeat the twist, looking over your left shoulder.

1. Return to Center Again:

* Breathing in, come back to the center position once more.

1. Repetition:

* Repeat this yoga pose a few times on both sides. When finished, breathe out and bring your hands down to your sides.