**Supta Matsyendrasana (Reclining 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 surgery.
* You have spinal issues.

**Instructions:**

1. Recline on your back in Savasana (Corpse Pose).
2. Bend your knees so the soles of your feet are flat on the mat. Hug your knees into your chest with your hands.
3. Inhale and extend your left leg, lowering it to the mat.
4. Exhale and gently guide your right knee with your left hand, bringing it across your body toward the mat on the left side.
5. Extend your right arm out to the right and turn your head to gaze over your right fingertips.
6. Aim to rest your right shoulder on the mat. Hold the position for the desired duration, then bring your right knee back to your chest to center your spine.
7. Hug both knees into your chest, then extend your right leg and repeat the twist on the other side.
8. To exit the pose, center your spine, bring both knees to your chest, and lower your feet to the mat.

**Key Tips:**

* Breath Awareness: Focus on deep, even breaths throughout the pose to enhance relaxation and deepen the stretch.
* Gentle Movement: Move slowly and mindfully into the twist, ensuring you don't force your body into a position that feels uncomfortable.
* Alignment Check: Keep both shoulders grounded on the mat to ensure proper alignment and prevent strain in the neck and back.