



Washing Machine

W I E



Extend your head up to sky, keeping a proper S-spine. Keep your arms at shoulder height. Inhale, left. Exhale, right.

Verbal Cues

1. Sit on a chair in Proper Seated Posture with feet flat on the floor. If seated on a mat, sit cross-legged or on your heels.
2. Inhale and make an S-Spine by lifting the top of your head and your heart up toward the sky.
3. Raise your arms to shoulder height and bend your elbows, bringing hands in toward your neck, palms down with thumbs in back and fingers in front of your shoulders. Alternatively, you can simply cross your arms in front.
4. Inhale and twist to the left. Exhale and twist to the right. You are cleansing your inner body with movement and breathing!
5. Continue with a rapid motion (1 breath per second) for 15 to 30 seconds.

Benefits

- Aids lymphatic circulation
- Stretches and strengthens your core muscles (belly and back)
- Improves respiration
- Energizing
- Cleans out your inner body

"I am capable, confident and bold."

Modifications



Be mindful when twisting. Do not over-twist and cause injury.



This exercise can also be done standing in Mountain pose.



Increase the time you do this exercise up to 2 minutes.



Decrease the rate of motion for the exercise.