

Movement Techniques for Early Elementary

Seated Twist

Direct Aim: To bring about a sense of wellbeing and quiet to the mind; to tone, strengthen and lengthen the muscles of the body; to establish union within mind, body, soul, Spirit and environment.

Indirect Aim: To achieve, maintain, and preserve health and prevent disease in both mind and body.

Procedure:

Seated Twist Pose – on a chair:

1. The adult explains to the child how to do the following procedure for seated twist pose.
2. Sit on the edge of a chair with your knees bent at 90 degrees, your feet flat on the floor and hip distance apart.
3. Inhale, then on an exhale turn your torso to the right without moving your legs, but moving through the mid back.
4. Place your right hand towards the back of the chair in the direction you've turned your body.
5. Place your left hand on the outside of your right knee.
6. Your head will automatically follow the torso and you will find you are looking over your right shoulder.
7. Now bring awareness to your sit bones – both sit bones are evenly balanced on the chair.
8. Sit tall on both sit bones making sure the crown of you head is held tall so that your spine is not only twisting but also lengthening and your shoulders stay back and down.
9. Notice the stretch across the shoulders and in the outer hip area.
10. Take about 5 inhalations and exhalations in this position.
11. On an exhalation twist back facing forwards and bring your hands to your knees.
12. Repeat this pose on the left side.

Notes:

In Yoga, twist poses are used to cool, relax and detoxify the body. These poses also lengthen the spine, calm the central nervous system, massage the kidneys and liver and in the seated twist pose as per above lengthen the muscles around the chest, ribs and shoulders.

Extensions: Guide students through the different variation below.

Floor Twist Pose:

1. Guide the students to lie on their backs.
2. Students bend both legs bringing their knees up to their chests.
3. Take both bent knees down to the right side of the body.
4. Stretch arms out to the sides.
5. Remain in this position for about 30 seconds.
6. While breathing in, bring both knees back to the chest while rolling onto the back.
7. Repeat the pose on the left side.

As the students are relaxing in the pose, read them a calming poem or story. As long as they are comfortable and you have the time, students may remain longer in this pose. Make certain that you spend the same amount of time with the knees bent and over to both the left and right sides of the body.