

Thread the Needle or Parsva Balasana

A beautiful and very relaxing pose.

Great for opening your shoulders, chest and neck. It has a gentle twist thought to stimulate digestion.

Start on all fours keeping your hands under your shoulders and your knees under your hips.

Slide your left arm forward and reach your right arm underneath your body stretching it straight out to the left.

Drop your right shoulder and temple to the floor and sink your hips back toward your heels.

Breath here for at least three deep breaths, then repeat on the other side.

