

## LOTUS ROLL UPS LL07

Lotus Pose

### DIRECTIONS

Sit up straight with legs crossed comfortably. Slowly curl torso backwards letting head softly touch the floor. The slower the better. Gently curl up your spine one vertebrae at a time as you move towards touching your toes. Pause and hold at the feet as if bowing. Pause and exhale. Repeat 10+ times or perform for 1 minute.

### IMAGERY

Bowing down in reverence to anyone whom you think is awesome 😊

### BENEFITS

LOTUS ROLLS are a therapeutic hip and groin opener, boosting increased blood flow to the pelvic and inner thigh areas. The forward fold ending position is a great low back lengthener.