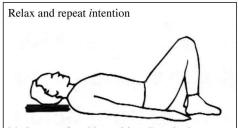
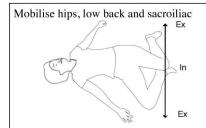
Yoga sequence to release, mobilise and strengthen and the back

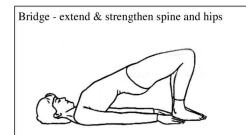
- If you have back pain consult a health professional before undertaking exercises, to make sure they are safe for you.
- Some of these poses may be helpful for you, some might not be right for you. It is essential to discover what actually works for YOUR body.
- NEVER push through pain. Pain is the body's natural guidance system. It tells you to back off, modify or change what you are doing.
- Burning sensations, numbness, pins and needles are are also warning signals caused by nerve compression.
- Any stretch sensation should be mild and diminishing, in order to be effective in releasing and lengthening muscles.



Lie in a comfortable position. Do a body scan focus on the natural breath and mentally repeat an intention e.g. "my spine is flexible, strong, youthful and at ease" or find your own words.



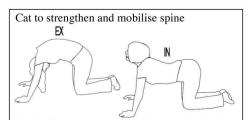
Knees bent feet apart. Rhythmic side to side movement of knees within pain free range +/-roll head to opp. side.



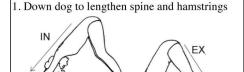
Feet hip width, exhale lift tail bone first the roll spine up off the floor, inhale roll down



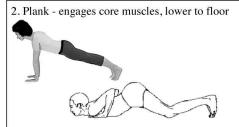
Keep knees close to chest, arms 45° from body exhale knees towards elbow inhale to centre, alternate sides. Roll head to opp side. Do not drop knees to the floor, only go as far as comfortable and easy to lift back up.. 5x



On all 4's hands below shoulders or slightly in front, spread fingers. Exhale tuck tail bone under and flex spine into a convex shape. Exhale lift tail bone and extend into a concave shape. Move 1 vertebra at a time. 5-10x



Inhale bend knees slightly, press into hands to lengthen spine, exhale stretch legs. 3-5 breaths. Then flow through the sequence 1-5, with the different variations 3/4/5 each time.

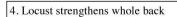


Bring shoulders over wrists, head, hips and heels in a straight line.

Bend knees, lower chest between hands and chin to floor. Flatten body to floor....



... From flat firm the legs, press pubis* into the floor, draw elbows towards feet, Inhale curl up keeping back of neck long, shoulders down and elbows in and bent. Exhale down 5x +/- hold 3-5 breaths. Return to down dog.





Arms alongside body, firm legs, exhale lift legs, head, chest and arms with palms facing inwards. Arm variations; a) to sides like an airplane, b) forwards alongside head. Hold each 2-3 breaths. Return to down dog.

5. Bow - Extend spine & stretch front body

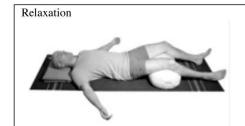


Hold ankles, press pubis into floor bring heels to buttocks to stretch thighs and groin. Inhale pull feet away from head to lift head and chest, exhale lift thighs up, flex ankles. Easy variation 1 leg at a time each side. 3-5 breaths. Down dog

Neutralise and stretch back after backbends



Legs up 90° as straight as possible to gently stretch hamstrings and whole back. 5 breaths. Knees to chest + rock side to side a few times



Relax with folded blanket under head and neck, with legs over a bolster, or flat if more comfortable. Count exhalations backwards from 10 to 1, 5-10 mins