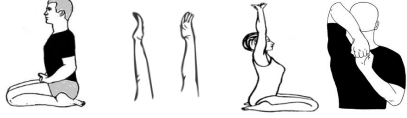



## Backbend Sequence



All sequences should begin with a few asanas that initiate actions needed for the rest of the practice. In a backbend sequence we want to become energized in the first few asanas, stretch the chest, ribs, spine, and always descend the tail bone and lift the sternum.

### Opening asanas




<p>Virasana Arm Work loosen chest, shoulders and arms Urdhva Hastasana, Baddhagulyangasana, Gomukhasana</p>	
<p>Energizing Standing Asanas – elongate front body, repeat Vimanasana Virabhadrasana I Virabhadrasana III</p>	

### Prone backbends

These are particularly good for controlling the abdomen because it is pressed on the mat. We should always turn the thighs in, extend the coccyx forward as we lengthen the lumbar spine. Practice them all or choose a few. Repeat many times, and monitor how changes with repeated attempts. We've covered all of these in class, trust your memory for details. If you are newer to the practice pick a few you feel confident trying without a teacher's watchful eye.





<p>Salabhasana</p>	
<p>Makarasana</p>	
<p>Bhujangasana</p>	

The next few do not have the abdomen supported on the floor, so we must remember really lift the chest, flatten the abdomen and draw the tail-bone in.

<p>Ustrasana</p>	
<p>Urdhva Dhanurasana – use belt for legs and or elbows</p>	
<p>Chatuspadasana – Use belt to reach ankles if needed</p>	

## Closing Asanas

Okay, you could end and do a nice Savasana flat out or with support under your knees. You could also put in your inversions; if you don't do headstand, do only down dog. If you don't do shoulderstand do only bridge pose before Savasana.

<p>Adho Mukha Svanasana – use support under your head, hands against the wall, belt for the elbows or independent</p>	
<p>Sirsasana Use backbend points to stabilize you, use sternum and coccyx awareness</p>	
<p>Setu Bandha Sarvangasana</p>	
<p>Sarvangasana, Savasana</p>	
<p>Savasana</p>	