


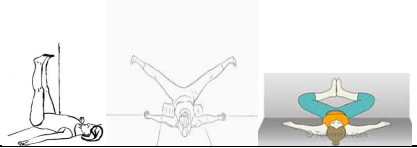
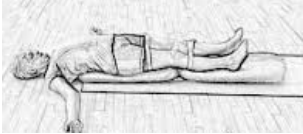



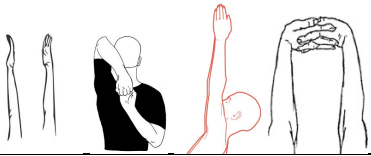
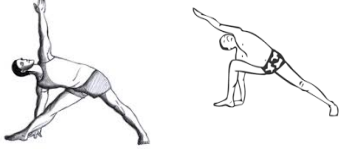
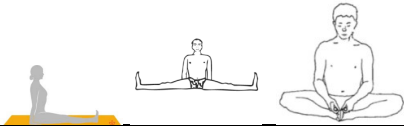




Introductory Back Care Sequence

While practicing asanas one should remain calm and breathe smoothly. Listen carefully to what the body may be saying about alignment, welcome good stretch to ease stiffness and avoid “wrong” pain – such as shooting pain in a joint.

Invocation to Sage Patanjali	Prepare mind and body for careful practice	
Savasana Unwind, let go of tension, tune into the body and breath	supported chest knees supported by roll, bolster, or chair	 
Abdominal Support		
Legs up the wall – great for releasing low back and leg stiffness	Urdhva Prasārita Pādāsana Upavistha Konasana Baddha Konasana	
Setubandha Sarvangasana	Bolster bench blocks	
Chair Work		
seated twists great for mid and upper back stiffness	Bharadvājāsana – 2 variations Sit sideways in chair Sit with legs through the chair Inhale – stretch up Exhale - turn	
Standing twist – great for low back and upper back	Standing Marichyasana Inhale – stretch up Exhale - turn	
Fold forward from chair	Take time to release the low back and groins	

Tadasana arm work		
helps mid and upper back	Urdhva Hastasana Gomukhāsana Urdhva Baddhanguliyasana Urdhva Namaskarasana	
Standing asanas	Face the wall, back to the wall back foot to the wall	
Strengthens core muscles and aligns torso with leg work and pelvis	Trikoṇāsana Pārśvakoṇāsana	
Seated Asanas	Back on wall, feet to the wall, or no wall	
Strengthens the spine and quiets the mind	Dandasana Upavistha Konasana Baddha Konasana	
Abdominal Lumbar Work again	Supta Padangusthasana 1 & 2	
Breath awareness		
Ujjayi 1 Quiet mindful breathing Ujjayi 2 Emphasis on Exhalations	Chest Elevated Eyes covered	
Savasana	One of the versions from opening, whatever seems best at the time.	