

Back bending practice



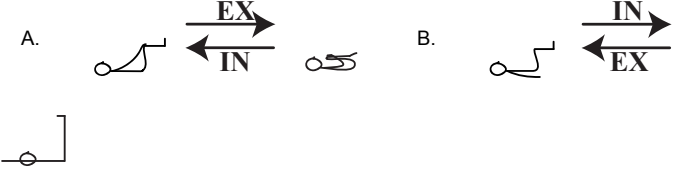





STUDENTS: Experienced yoga students, age range from 30s to 60s.

CONTEXT: Yoga studio, 9.30am.

INTENTION: To mobilize thoracic spine; to stretch anterior structures of the body – chest, solar plexus, hip flexors and thighs; observe the use of Inhalation to facilitate chest opening.

1		6-12 breaths	Starting position. To get settled, to observe the flow of the breath, to notice a natural tendency to move slightly backward on Inhalation.
2		4 breaths	Warm-up. To warm up the lower back, hips and shoulders.
3		4 cycles on each side	Warm-up. To warm up the lower back, neck and glutes. Focus on pulling with your hands instead of pushing.
4		4 cycles	Compensation for #3 and transition. To stretch the lower back and shoulders.
5	A. B. C.	A. Repeat 4x B. Repeat 4x C. Stay 6 br	Core pose 1. To stretch anterior structures of the body (chest, hip flexors, thighs) and prepare the shoulders for Dhanurasana. Support your lower back by contracting your abdomen on EX.
6	 Stay 	Repeat 4x, stay 6 br	Compensation for #5. To stretch the back and hips and to relax the shoulders after Virabhadrasana.
7	A. B. C.	A. Repeat 4x B. Repeat 4x C. Stay 6 br	Core pose 2. To stretch the lateral structures of the body and prepare the neck for Dhanurasana.
8	 	4 breaths	Compensation for #7 and transition. To stretch the back and to relax the shoulders after Uttitha Trikonasana.
9	A. or 	A. Repeat 4x B. Stay 4br C. Stay 6 br	Core pose 3. To stretch anterior structures of the body - chest, hip flexors and thighs in preparation for Dhanurasana.

Back bending practice

10		4 breaths	Compensation for #9. To stretch the back and mobilize the shoulders after Ekapada Ustrasana.
11		Repeat 4x, stay 6 br.	Goal posture. To strengthen the musculature of the back and to stretch anterior structures of the body – chest, solar plexus, hip flexors and thighs.
12		A. Repeat 4x B. Repeat 4x	Compensation for #11. To stretch the lower back and mobilize the shoulders after Dhanurasana.
13		Repeat 6x, alternating sides. Stay 6 br on each side.	Compensation for #11. To realign the relationship between the pelvis and the spine after Dhanurasana.
14		Repeat 4x, stay 6 br.	Compensation for #11 and #13. To stretch the lower back.
15		Repeat 4x, stay 6 br.	Compensation for #14 and transition. To mobilize the spine and stretch the neck, to prepare for rest.
16		Stay 3-5 min	Rest.
17		6-12 breaths.	Final check-in. To notice the posture and the ease of the breath, to observe the effect of the practice.