

## **Prompt: Create a short yoga practice for a student with back pain**

Certainly! Here's a gentle yoga practice tailored for someone dealing with back pain. It focuses on alleviating tension and improving flexibility while being mindful of the back.

### **Gentle Yoga Practice for Back Pain**

1. Cat-Cow Pose (Marjaryasana-Bitilasana) Duration:1-2 minutes
  - Start on all fours with wrists under shoulders and knees under hips.
  - Inhale, arch your back (Cow Pose), lifting your tailbone and chest while dropping your belly.
  - Exhale, round your spine (Cat Pose), tucking your chin and drawing your belly button towards your spine.
  - Move between these two poses slowly, syncing with your breath.
2. Child's Pose (Balasana) Duration:\*\* 1-2 minutes
  - From all fours, sit back on your heels and stretch your arms forward on the mat.
  - Rest your forehead on the floor and breathe deeply.
  - If needed, place a pillow or bolster under your chest for extra support.
3. Forward Fold (Uttanasana) Duration:\*\* 1 minute
  - Stand with feet hip-width apart.
  - Hinge at the hips to fold forward, letting your head and arms hang.
  - Bend your knees slightly if your hamstrings are tight, and keep a slight bend in the knees.
  - Hold onto opposite elbows if that feels comfortable, or let your hands rest on the floor.
4. Supported Bridge Pose (Setu Bandhasana) Duration: 1-2 minutes
  - Lie on your back with knees bent and feet flat on the floor, hip-width apart.
  - Place a block or cushion under your sacrum (the bony part of the lower back) for support.
  - Relax your arms by your sides and breathe deeply.
  - If using a block, ensure it is at a comfortable height.
5. Supine Spinal Twist (Supta Matsyendrasana) Duration: 1-2 minutes per side
  - Lie on your back with knees bent and feet flat on the floor.
  - Lift your hips slightly and shift them to the right.
  - Drop your knees to the left and extend your arms out to the sides.
  - Look over your right shoulder and breathe deeply.
  - Switch sides after 1-2 minutes.
6. Legs Up the Wall Pose (Viparita Karani) Duration: 5-10 minutes
  - Sit with one side of your body against a wall and swing your legs up the wall as you lie back.
  - Adjust your position so that your legs are fully supported and your hips are as close to the wall as comfortable.
  - Place a folded blanket under your hips if needed for added support.
  - Relax your arms by your sides and focus on deep, relaxing breaths.
7. Savasana (Corpse Pose) Duration: 5 minutes
  - Lie on your back with legs extended and arms at your sides.
  - Place a pillow under your knees for extra support if that feels good.
  - Close your eyes and focus on your breath, letting go of any tension.

### **Tips:**

- Move slowly and listen to your body. If any pose increases your discomfort, skip it or modify it.
- Consider using props like pillows, blankets, or blocks for added support and comfort.
- Focus on deep, slow breathing throughout your practice.