

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

For older students with back pain, it's important to prioritize gentle movements and proper alignment to avoid exacerbating any discomfort. Here's a short, gentle yoga practice designed to ease back pain while being mindful of mobility and flexibility.

### **Gentle Yoga Practice for Older Students with Back Pain**

#### 1. Seated Cat-Cow (Modified) Duration: 1-2 minutes

- Sit comfortably in a chair with feet flat on the floor and hands resting on your knees.
- Inhale, arch your back slightly, lift your chest and gaze upward (Cow Pose).
- Exhale, round your spine, tucking your chin towards your chest (Cat Pose).
- Move between these two positions slowly, paying attention to your breath.

#### 2. Seated Forward Fold (Paschimottanasana) Duration: 1-2 minutes

- Sit with legs extended in front of you, feet together, and back straight.
- Gently hinge at the hips, reaching forward towards your feet. It's okay if you only reach your shins or thighs.
- Use a belt or towel around your feet if needed for support.
- Hold for a few breaths, then slowly come back up.

#### 3. Chair Pose (Utkatasana) with Support. Duration: 1 minute

- Stand behind a chair, holding onto the backrest for support.
- Bend your knees slightly as if you're sitting into a chair, keeping your back straight.
- Engage your core and hold the position for a few breaths before standing back up.

#### 4. Gentle Spinal Twist (Seated) 1-2 minutes per side

- Sit tall in a chair with feet flat on the floor.
- Place your right hand on the back of the chair and gently twist your torso to the right, using your left hand on your right knee for support. Hold for a few breaths, then slowly return to the center.
- Repeat on the other side.

#### 5. 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 bolster, pillow, or folded blanket under your sacrum (the lower back area) for support.
- Relax your arms by your sides and breathe deeply.
- If you need more support, you can place a blanket or cushion under your head as well.

#### 6. Legs Up the Wall Pose (Viparita Karani) Duration: 3-5 minutes

- Sit close to a wall and swing your legs up the wall as you gently lie back on the floor.
- Adjust your position so that your hips are comfortable and supported.
- If it's uncomfortable to lie flat, place a cushion or pillow under your hips.
- Relax and focus on your breath.

#### 7. Savasana (Corpse Pose) Duration: 3-5 minutes

- Lie on your back with legs extended comfortably and arms at your sides, palms facing up.
- You can place a small pillow or cushion under your knees if that feels better.
- Close your eyes, focus on your breath, and let your body relax completely.

### **Additional Tips:**

- Use props liberally for support and comfort.
- Move slowly and carefully, avoiding any sudden or jerky movements.
- Ensure proper alignment to avoid putting additional strain on the back.
- Listen to your body and modify poses as needed.