

Yoga for a healthy back

1. Standing Forward Bend 2. Sitting Forward Bend 3. Back Release 4. Child

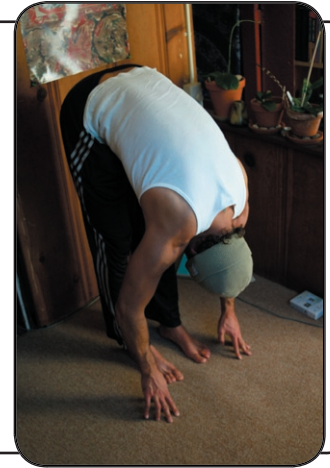
ASSISTED STANDING FORWARD BEND (UTTANASANA)

Instructions:

- Stand with your back one foot from wall; feet are hip distance apart.
- Let your buttocks touch the wall. Bend forward, hinging at the hips. Bend knees slightly.
- Using both hands, reach back and pull the flesh of the buttocks up and away from the sitting bones.
- Bend your arms at the elbows; take hold of each elbow with the opposite hand. Hang.
- With each exhalation, allow your spine to lengthen and release more.

Benefits:

- Lengthens the spine
- Reduces lower back pain.
- Increases circulation and lessens fatigue.
- Alleviates tight hamstrings.
- Stretches the back of the legs.



SITTING FORWARD BEND (PASCHIMOTTANASANA)

Instructions:

- Sit erect, legs straight, pelvis tipped forward, feet perpendicular to legs.
- Inhale, raise your arms straight ahead; exhale, stretch forward and down. Keep back straight.
- Place hands comfortably under legs, whether under knees, calves or ankles.
- Relax, allowing chest to sink toward thighs without arching your back. Look forward and out.
- Breathe softly. No straining!

Benefits:

- Gives an intense stretch to the entire back.
- Massages the abdominal organs.
- Increases flexibility of the spine.
- Fosters a sense of calm and letting go.

BACK RELEASE

Instructions:

- Lie with buttocks and legs against the wall.
- Exhale and release into the floor.
- Let Go.

Benefits:

- Relaxes completely the back and spine.
- Enhances immune system.
- Promotes circulation.



CHILD (GARBHASANA)

Instructions:

- Kneel, thighs on the calves, with legs slightly apart.
- Bend from the hips—forward and down—folding your upper body onto your knees. Forehead rests on the floor.
- Place arms next to your legs, palms up, or extend your arms on the floor beyond your head, palms down.
- Breathe deeply and relax.
- Raise your upper body and return to a seated position.

Benefits:

- Rejuvenates the body. • Completely refreshes the back and spine.
- Massages the inner organs. • Promotes a sense of security and nurturing.