

Personal Home Yoga Therapy Program

Sample sequence for back pain

Exercise 1: BELLY BREATHING

- A. Lie on your back, with your knees bent, flat on the floor. Place both hands on your belly, fingers spread toward the navel.
- B. Inhale to fill the belly with breath. On the exhalation, the belly will drop toward the spine. Be sure not to force, or consciously use your abdominal muscles. Instead, invite the breath to fill the belly like a balloon. You will notice that the gentle movement of the belly and spine mimic the movement of the pelvic tilts.

*** Use this breath anytime you want to increase your state of relaxation. ***

Exercise 2: COBRA PRONE BACKBEND

- A. Lie on your belly with your hands under your shoulders, elbows bent, forehead on the mat
- B. Inhale into your belly and lift the ribcage slightly from ground. Inhale into your chest to lift the chest off the ground, shoulder blades moving together.
- C. Exhale to release back to the mat. Rest for a full breath, then repeat 3-5 more rounds.



Exercise 3: CHILD'S POSE

- A. Push yourself to your hands and knees and then lean back, to bring your bottom to your heels and your chest to the mat.
- B. Stretch your arms forward to counter-balance the stretch in the low back. Stay here for 8-10 breaths.



Exercise 7: SEATED ON HEELS (HERO POSE)

- A. Roll your chest up so that you are sitting on your heels. Sit here for 8-10 breaths to strengthen your ankles and release your low back.

Exercise 7: HALF FORWARD FOLD (JANU SIRSASANA)

- A. Sit on a low balock with your legs in front of you. Bend your right knee to bring your foot to the inside of the left thigh.
- B. Inhale to lift your spine long and exhale to move slightly forward into a forward bend. Take 8-10 breaths here.
- C. Repeat on the other side. Only do this pose if there is no pain. If you are experiencing pain, you may find relief if you do this pose only on one side.



Exercise 4: SIDE PLANK AT THE WALL

- A. Stand at the wall with the right hand on the wall, in line with your shoulder. Play with the distance away from the wall so that you would lean almost touching the wall with the elbow bent.
- B. Take a full inhalation, and as you exhale, bend your elbow to come into side plank. Inhale there, and exhale to press yourself back to the starting position. Do 3-5 times; then repeat on the other side.



Exercise 8: REST



- A. Lie on your mat, knees bent or legs extended. Get as comfortable and cozy as your can. You might like to blanket to cover yourself, or place a pillow under your knees to support the low back.
- B. Rest for 5 full minutes, breathing into your belly, inviting your body to release into the earth.
- C. To come out, draw the knees into your chest, rock from side to side and roll over to the side right. Press your left palm on the ground and push yourself up to a comfortable seat. Spend a few breaths here, giving thanks for the health you have and thanking yourself for taking this time to nurture your health.