

SELF-PRACTICE SEQUENCE (BEGINNER LEVEL)

Healthy spine



Purpose of the sequence

- This gentle sequence helps relieving lower backache.
- Th pain is often cause by stiffness in the ligaments or muscles of the lower back, or weak abdominal muscles.
- Poor posture and lack of exercise usually lead to tights and swollen back muscles, resulting in pain in this area.

Sequence overview

- Level: Anyone
- Number of poses: 14
- Estimated time for sequence completion: 20 min




Props required



- 1 yoga / sticky mat
- 1 Viparita Karani box (or alternatively a chair)
- 1 belt
- 1 blanket
- 1 Bolster or rolled blanket (optional)

Caution

In Yoga it is important to listen to your body and respect its limits on any given day. If you feel discomfort or strain; gently come out of the pose.

Waiver: By using this material, you accept you assume the physical risk of own physical condition, neither the teachers, nor Olga Yoga Studio, are liable for any injury, or damages, to person or property, resulting from taking the yoga sequence.

<p>1.</p>		<p>Supta Tadasana</p> <p><i>Palms facing each other, feet parallel.</i></p> <p><i>Palms facing ceiling, feet parallel.</i></p> <p><i>Crossing the thumbs, feet together.</i></p>
<p>2.</p>		<p>Dvi Pada Pavanamuktasana</p> <p><i>Feet, abdomen and shoulders are relaxed.</i></p>
<p>3.</p>		<p>Eka Pada Pavanamuktasana</p> <p>Bend right knee and stretch left leg.</p> <p>Left foot is perpendicular with the heel and front thigh pressing down.</p> <p>Repeat with the other leg.</p>

<p>4.</p>		<p>Jathara Parivartanasana</p> <p>Knees to the left. Rotate abdomen from left to the right. Keep right shoulder on the floor, turn the head on the right.</p> <p>Repeat with the other side</p>
<p>5.</p>		<p>Vajrasana</p> <p>Inhale and raise your spine with chest upward.</p> <p>The chin is parallel to the floor.</p>
<p>6.</p>		<p>Adho Mukha Virasana in Vajrasana</p> <p>Extend both sides of your trunk and stretch both arms. Forehead on the floor. Press the palms on the floor and spread your fingers. Coccyx downward.</p>




<p>7.</p>	 <p>(instead of Viparita Karani box you can use a chair)</p>	<p>Adho Mukha Svanasana</p> <p>Stretch your arms and extend spine upward. Keep shoulders blades in. Trapezium muscles toward coccyx. Coccyx upward. Knees up to the groin, front thighs back. Extend calf muscles to the heels. Heels down.</p>
<p>8.</p>		<p>Supta Padangusthasana 1</p> <p>Stretch your right leg upward. Heel upward. Press belt downward. Press front thighs against the thigh bone.</p> <p>Left foot is perpendicular to the floor and front thigh is down.</p>
<p>9.</p>		<p>Urdhva Prasarita Padasana (With belt)</p> <p>Stretch both legs upward. Heel upward. Press belt downward.</p> <p>Keep coccyx and sacrum area on the floor.</p> <p>Relax abdomen toward lumbar spine. Neck, face and throat are relaxed.</p>


10.



Urdhva Prasarita Padasana (with wall)

1. Extend your spine, stretch your arms on the floor and cross your thumbs. Stretch your legs against the wall. Release abdomen toward the lumbar spine.
2. Keep the position and separate your hands with palms facing the ceiling.

<p>11.</p>		<p>Supta Badha Konasana (Using the wall).</p> <p>Join the soles of the feet, spread your knees.</p> <p>Buttocks are touching the wall.</p> <p>The movement from inner groins to the inner knees release lumbar spine, sacrum area and coccyx.</p>
<p>12.</p>		<p>Supta Svastikasana</p> <p>Use this variation if you feel stiffness in the inner groins.</p> <p>Abdomen, neck and shoulders are relaxed.</p>
<p>13.</p>		<p>Dvi Pada Pavanamuktasana</p> <p>Bend and spread your knees. Put the feet against the wall. Release lumbar spine on the floor.</p>

<p>14.</p>	  <p>(Instead of bolster you can use a pillow or rolled blanket)</p>	<p>Savasana</p> <ol style="list-style-type: none">1. Bend your knees, hold the edges of sticky mat, roll your shoulders down. Extend Lumbar spine to the back ribs2. Slowly extend your legs one by one, spread your arms with palms facing upward. <p>Relax completely your body on the floor for 5-10 min in Savasana.</p>
<p>End of the sequence</p>		

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