

The Back Series (Series 2)

Designed to address

- Alignment issues
- Lower back pain
- Balance
- Flexibility

Asanas (postures):

1. Tadasana (Mountain Pose)
 - Stand erectly, legs together, big toes touching, heels slightly apart – or, if that is uncomfortable, with your legs hip-width apart, feet parallel.
 - Lift your kneecaps and contract the quadriceps.
 - Arms are by your sides.
 - Fully ground yourself.
 - Relax the shoulders, lift the sternum and expand the chest.
 - Inhale deeply, close your eyes and find your center.
 - Spread your weight evenly over the feet.
 - Stay in the pose for 5-10 deep breaths, then slowly open your eyes.
2. Tadasana Variations
 - Variation I
 - Start as in 1. When the pose is established, raise your arms up by your ears with an inhalation.
 - The arms are straight and active, palms facing one another. Shoulders are relaxed down and away from the ears.
 - Take 3-5 deep breaths in this position.

- Then bring your palms together and exhale the arms down.
 - Variation II
 - Start as in 1. When the pose is established, raise your arms to shoulder height with an inhalation.
 - The arms are straight and active. Stretch all the way through the fingertips as though you want to touch the walls to either side of you.
 - Take 3-5 deep breaths in this position. With each breath fill your lungs all the way to the clavicles.
 - Now turn your palms upward and take 3 more deep breaths here.
 - Finally, bring the arms all the way up by your ears, bring the palms together and exhale the arms back down.
3. Ardha Chadrasana (Half Moon)
- Establish full Tadasana with your arms up by your ears, palms facing one another.
 - Now with your legs well-grounded and strong, gently bend your body from the waist to the right side on an exhalation.
 - Stay here for 3-5 breaths.
 - Come back up.
 - Repeat the same pose bending to the left side.
4. Parsvotanasana
- Stand with your feet together and the body erect.
 - Bring the arms behind the back, palms together or the variation that works for you (e.g. taking a hold of your elbows)
 - Step the right foot forward, the foot facing straight forward, the back foot is turned

slightly inward, heels are in one line, lift the kneecaps without locking the knees

- Lift the breastbone and bring the shoulder blades closer together.
- Breathe deeply
- Chin is level with the floor.
- Bend forward from the hips over the outstretched leg with an exhalation – keep your focus on the toes.
- Take 3-5 deep breaths.
- Come up on an inhalation with strong legs
- Repeat the sequence on the other side.

5. Dog Pose on Chair

- Stand about 3 feet away from your chair with the legs hip distance apart – shoes are off.
- Lift your kneecaps without locking your knees.
- Lift your breastbone to expand your chest fully.
- On your next breath bring the arms up by your ears and take the shoulders down and away from the ears.
- Exhale and fold your body forward and down toward the chair, taking a hold of the edges of the chair with your hands.
- Relax your head, neck and shoulder and begin to breathe deeply.
- After 3-5 breaths, release your hands and come up.

6. Seated Side Bend

- Sit on a chair with your back straight and your hands on your thighs or knees. Your feet are in full contact with the ground, preferably with your shoes off.
- As you inhale deeply, bring your arms out to the sides, then straight up by your ears.

- Take the shoulders down and away from the ears, while maintaining straight, active arms.
 - Bring your palms together.
 - Take a deep breath, then gently bend from the waist to the right as you exhale.
 - Hold for 3-5 deep inhalations and exhalations, then return to center.
 - Repeat this sequence on the other side.
7. Half Uttanansana (standing forward bend) at the wall
- Stand with your feet together about 2 feet away from the wall. Your back is to the wall.
 - Arms are by your sides.
 - Chin is level with the floor.
 - Sternum is lifted
 - The shoulder blades are coming slightly closer together.
 - Lift your kneecaps and engage your quads, thereby releasing the hamstrings in the backs of your legs.
 - With an inhalation raise your arms by your ears.
 - Take the shoulders down and away from the ears.
 - As you exhale, fold forward and bring the arms down toward the floor and rest your buttocks into the wall behind you.
 - If your hands are touching the ground, bring your fingertips in line with your toes. If not, just go to your comfortable limit.
 - Release the head and neck and shoulder.
 - Breathe 3-5 deep, full, rhythmical breaths.
 - Come up slowly on an inhalation.
8. Uttanansana (standing forward bend)
- Stand with your feet together.
 - Arms are by your sides.
 - Chin is level with the floor.

- Sternum is lifted
- The shoulder blades are coming slightly closer together.
- Lift your kneecaps and engage your quads, thereby releasing the hamstrings in the backs of your legs.
- With an inhalation raise your arms by your ears.
- Take the shoulders down and away from the ears.
- As you exhale, fold forward and bring the arms down toward the floor.
- Keep your legs strong.
- If your hands are touching the ground, bring your fingertips in line with your toes. If not, just go to your comfortable limit.
- Release the head and neck and shoulder.
- Breathe 3-5 deep, full, rhythmical breaths.
- Come up slowly on an inhalation.

9. Seated forward bend

- Sit erectly in your chair, hands on your thighs or knees, feet in full contact with the ground.
- Lift your sternum, keep the shoulder level and relaxed.
- Relax your face and jaw.
- Chin is level with the ground.
- Inhale the arms out to the sides.
- As you exhale, bend forward and bring your palms flat on the ground next to your feet. You may modify this movement by bringing the hands onto your knees and sliding them down the legs toward the feet.
- Relax your head, neck and shoulders.
- Take 3-5 breaths and come back up on an inhalation.

10. Chair twist

- Sit erectly in your chair, hands on your thighs or knees, feet in full contact with the ground.
- Lift your sternum, keep the shoulder level and relaxed.
- Relax your face and jaw.
- Chin is level with the ground.
- Bring the left hand behind your back, palm flat on the chair.
- With an exhalation gently rotate your torso to the left.
- Take a hold of the side or top edge of your chair, relax your shoulders, lift your sternum, and rotate your head toward the right shoulder.
- Take 3-5 breaths and release the posture slowly.
- Repeat on the other side.

I am lithe, alive and centered.