



Gentle Backbend Sequence



Begin on hands + knees. Inhale, arch the back and lift your heart in cow pose.



Exhale, rounding the back and waving the spine.



Maintaining a neutral spine, draw the left leg up, and coil the knee into your belly.



Extend the left foot between the hands into a low lunge. Rock gently forward and back.



Engaging your core, lift your arms up. Slowly, circle arms and rock hips.



Bring hands to mat, and sweep left foot back and up in the air. Balance then reach opposite hand towards the ankle.



Lower the leg and hand. Stack hips over your knees then reach your arms out long.



Come back into table and repeat on the right side. Complete 3-6 cycles of this sequence adding poses you enjoy.



Once warmed up, lie on your back with knees bent. Lift hips and interlace fingers under your back for bridge pose.



Release hips to ground. Allow knees to twist to the left side then the right.



Lift soles of feet to sky and grab big toes. Open knees and gently pull them towards the armpits.



Rest in Savasana for 5-10 minutes.