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Yoga for Back Relief

This is a general guide for this topic, not intended to be prescriptive or all-encompassing. Please consult your physician or specialist prior to beginning any program.

Recognize-

- In a seated or standing position, draw your attention to your breathing, and be aware of how your body is arranged.
- Begin with this awareness of your breathing, and spend a few minutes observing.

Align-

- Align ankles, knees and toes, and take the weight of your pelvis back toward the heel.
- Balance the shoulders over the pelvic bowl. Activate midline (the core) by lifting from the arches to inner thighs, pelvic floor and lower belly. Belly button presses back and up toward the ribcage (don't hold your breath!)
- Settle the shoulder blades wide and onto the back, and draw the sides of the throat back to balance the ears over the shoulders. Arms can be rotated to have thumbs or palms pointing forward.

Preserve-

- As you move through Yoga postures or daily activities, keep becoming aware of how your body moves out of alignment, and gently guide yourself back.
- Things to think about:
 - o Maintaining (the "S" or "J" shape) neutral spine, especially while seated.
 - o Release the hips and spine at intervals with liquid movement:
 - "Hula" hip circles, dance, cat/cow- Just start moving!
 - o More butt, less back: Use your glutes, especially when bending/stooping.
 - o Don't collapse to bend over → HINGE at the hips.
 - o Keep the chest lifted (but not too much- remember the Goldilocks Principle), and lengthen upward through the crown of the head

Remember that you are amazing and beautiful, that your body has done countless amazing things, and that:

Practice creates awareness.

Awareness reveals new patterns.

Repatterning can transform our experience.