Yoga For The Spine And Pelvic Floor

Image	Pose	Description
	Easy	Sit with legs straight. Place hands on floor beside hips. Palms down, fingers point forward. Cross legs. Lower knees. Lengthen the spine by stretching back up. Rest palms on knees. **Alternatives:** Hero. Perfect. Lotus. **Benefits:** Flexibility in the hips, and spine. Improve posture. **Video:** https://www.youtube.com/embed/zLvJD7iKVhw?rel=0 **Modifications:** A) Pillow under buttocks. B) Back against a wall. C) Palms together at the centre of your chest. D) Fold a 1/4, 1/2 or 3/4 of the way down. E) Interlace your fingers, extend your arms overhead, stretch up and fold forward. **Precautions :** Knee, leg or spine injury. Sciatica.
	Easy Chin To Chest	Sit or stand. Close eyes. Slowly move head forward, trying to touch chin to chest. Move head as far back as is comfortable. Don't strain. Feel stretch in front and back of neck and loosening of the neck. Repeat several times. **Benefits:** Flexibility in neck. **Video:** https://www.youtube.com/embed/vSRVFModIHk **Precautions :** neck injury.
	Easy Ear To Shoulder I	Sit or stand. Close eyes. Face directly forward. Relax shoulders. Slowly move head to right and try to touch right ear to right shoulder (without raising shoulders). Repeat on other side. **Benefits:** Flexibility in neck. **Video:** https://www.youtube.com/embed/vSRVFModIHk **Modifications:** A) Pillow under buttocks. B) Back against a wall. C) Palms together at the centre of your chest. D) Fold a 1/4, 1/2 or 3/4 of the way down. E) Interlace your fingers, extend your arms overhead, stretch up and fold forward. **Precautions :** Neck injury.

Image	Pose	Description
	Easy Forward Fold I	Cross legs. Place hands in front of you on the mat. Bend forward to elongate the spine. Lower shoulders. Straighten back. Gaze ahead. Hold. **Benefits:** Maintains knee, ankle mobility. Improves posture. **Video:** https://www.youtube.com/embed/QjvYiRcUBhE **Modifications:** Fold as close to the mat as possible with arms extended. **Precautions :** Knee, leg or spine injury. Sciatica.
	Easy Anjali Twist	Sit with legs crossed. Lower knees. Lengthen spine by stretching spine up. Bring hands into Anjali (prayer). Twist to right. Hold. Twist to left. **Alternatives:** Hero. Perfect. Lotus. **Benefits:** Flexibility in hips, spine. Engages core. Inner peace. **Video:** https://www.youtube.com/embed/zLvJD7iKVhw **Precautions :** Knee injury.
	Easy Fold Block	Sit with legs crossed. Fold forward by reaching arms in front and resting head on a block. **Benefits:** Stretches ankles, hips, thighs, shoulders, triceps, chest. **Video:** https://www.youtube.com/embed/eAg0yY1swQI?start=310 **Modifications:** Folded blanket (lift sitting bones). **Precautions :** Shoulder injury.
	bend knees, both feet on floor	Sit legs crossed. Bring hands as far as you comfortably can behind back. Fingers touching floor. **Alternatives:** Lotus. Hero. **Benefits:** Counter to seated poses. **Video:** https://www.youtube.com/embed/zLvJD7iKVhw?rel=0

Image	Pose	Description
	Easy Side Bend I	Sit with legs crossed. Lower knees. Lengthen spine by stretching back up. Raise arms overhead and bend to the right. Bring right hand to floor. Repeat on left side. **Alternatives:** Hero. Perfect. Lotus. **Benefits:** Flexibility in hips, spine. Engages core. **Video:** https://www.youtube.com/embed/52I0T7JXJpI **Modifications:** A) Bring elbow flat on floor. B) Look up or down. **Precautions :** Knee injury.
	Easy Twist	Sit with legs crossed. Inhale. On exhale twist torso to right. Repeat on left. **Benefits:** Stretches spine, shoulders, hips. Relieves backache, sciatica. **Video:** https://www.youtube.com/embed/R2pQdH0LX_U?rel=0 **Modifications:** Sit sideways on a chair and twist.
	Easy Forward Bend Twist	Sit with legs crossed. Lower knees. Turn to face left leg. Place left hand beside you on mat and right hand resting on right knee. Inhale, stretch forward and up. Exhale, fold over left leg. Keep both sit bones on mat as you press left thigh down. Round back. Drop head to knee. Repeat on other side. **Alternatives:** Pillow under hips. Bolsters or blocks under one or both knees. **Benefits:** Flexibility in hips, spine. Engages core. **Video:** https://www.youtube.com/embed/DWxvM7N6cnk **Modifications:** Rest forehead on stacked fists. **Precautions :** Knee injury.

Image	Pose	Description
	Cradle Baby	Sit with legs crossed. Keep left leg crossed. Hold right foot with both hands. Draw right shin into chest and cradle knee in elbow of right arm. Gently rock back and forth as if cradling a baby. **Benefits:** Hip opener. Stretches hams and calves. **Video:** https://www.youtube.com/embed/mUISBECd7W0 **Modifications:** A) Cradle Baby with a straight leg. B) Seated Knee Rotations (hold thigh and rotate your knee). **Precautions :** Hip injury.
	End Of Sequence	
	Knees To Chest	Lie on back. Legs and arms extended. Both knees to chest. Clasp hands around knees. Wrap forearms over shins. Clasp each elbow with opposite hand. Keep back flat on mat. Release shoulder blades down toward waist. Draw tailbone and sacrum down. Lengthening spine. Softly rock backward and forward or side-to-side for a spinal massage. Tuck chin slightly. Gaze down. Hold. Release. **Benefits:** Massages spin. Lower back stretch. Good for posture. Relieves tired legs. Strengthens back. Firms abdominals. Strengthens legs and hips. Cures joint pains. Improves blood circulation in legs. **Video:** https://www.youtube.com/embed/TVk4ht8V8J8 **Modifications:** Knee to chest.

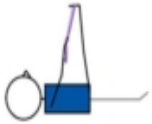
Image	Pose	Description
	Knees To Head	Lie on back. Extend arms beside body, palms facing down. Bend knees. Bring knees to chest. Hold legs slightly below knees. Press knees into upper chest. Raise head, shoulders and upper chest to knees. Hold. **Benefits:** Reduces abdominal bloating and backache. **Video:** https://www.youtube.com/embed/D34o4QINYMk **Modifications:** Knee to chest.
	Leg Up I Strap	Lie on back. Press left thigh down and stretch right leg out. Keeping left thigh firmly planted, bend right leg and grasp big toe with first two fingers and thumb (or use a strap). Straighten leg. Hold. Lower. Repeat on left leg. **Benefits:** Stretches hips, thighs, hams, calves. Relieves sciatica. **Video:** https://www.youtube.com/embed/GzToob_gGUk?rel=0 **Modifications:** Blanket under head.
	Supine Knees Bent	Lie on back. Knees bent. Legs and arms out wide. Palms up. Release lower back to floor. Close eyes. Abdomen rises on inhale and falls on exhale. Feel heavy with each exhalation. **Alternatives:** Crocodile. Child. **Benefits:** Tune into body. Calm. Tranquil. Inner Peace. Clarity. **Video:** https://www.youtube.com/embed/gGT2PmZ84Wg **Modifications:** Knees up. Blanket under knees. Blanket under head.

Image	Pose	Description
	Bridge	Lie supine. Bend knees. Set feet on floor. Heels close to sitting bones. Press inner feet and arms into floor. Push tailbone up. Lift buttocks. Clasp hands below pelvis. **Benefits:** Chest, neck, spine stretch. Reduces backache. **Video:** https://www.youtube.com/embed/EU2JS2Pm2EY?rel=0 **Modifications:** A) Baby Bridge (raise up to a comfortable position). B) Bridge with a blanket under shoulders. C) Bridge with leg up. D) Clasp hands around ankles. E) Block below shoulders. F) Block, or bolster, below the lower back. G) Feet close to a wall to prevent slipping. **Precautions :** Knee or neck injury.
	supine twist	Lie on back. Arms extended to sides at shoulder-height or slightly below. Palms up. Bend knees. Draw heels close to buttocks. Soles of feet on floor. Drop knees to right and turn head left. Return to centre. Feet flat. Gaze up. Drop knees to left and turn head right. Return to centre. **Benefits:** Align pelvic. Eases sciatic pain. Stimulates organs. Flushes toxins from body. **Video:** https://www.youtube.com/embed/T_FCk5yVgiY **Precautions :** Neck injury.
	End Of Sequence	

Image	Pose	Description
	Half Boat	Sit with straight legs. Press hands on floor behind hips. Fingers point to feet. Lift legs with knees bent. **Alternatives:** Boat pose. **Benefits:** Strengthens abs, hip flexors, spine. **Video:** https://www.youtube.com/embed/reru9O8KrX0?rel=0 **Modifications:** A) Boat Pose On Chair. B) Boat Pose With Strap (around upper back and feet). C) Double Boat Pose (partner yoga). D) Half Boat With Eagle Arms. **Precautions :** Pregnancy. Neck injury.
	Extended Child	On all fours. Wrists below shoulders. Knees under hips. Use hands to walk forward and lower chest to floor. Drop buttocks until they reach halfway to feet. Arms straight. Forehead touches floor. Push hips back and stretch spine. **Benefits:** Stretches arms, shoulders, spine, hips. **Video:** https://www.youtube.com/embed/eqVMAPM00DM **Modifications:** A) Interlock fingers behind back. B) Knees together (instead of separated). C) Curl toes under (instead of flat). D) Place a rolled towel under shins. E) Place a yoga blanket underneath knees.-F) Place a bolster or pillow under belly or chest. G) Spread knees wider. **Precautions :** Knee injury.
	Table Top	Come onto hands and knees. Bring knees hip-width apart. Palms directly under shoulders. Fingers facing forward. Gaze down. Flat back. Press into palms to drop shoulders away from ears. Press tail bone towards back wall and crown of head towards front wall. **Benefits:** Transition for many floor postures. Lengthens spine. **Video:** https://www.youtube.com/embed/PGAntbDQ6Xg **Modifications:** A) Make fists with hands (reduce pressure on wrists). B) Raise an arm. C) Raise one arm and the opposite leg. D) Folded towel or a wedge under the heels of your hands. E) Folded blanket or a yoga mat under your knees. F) Cat-Cow pose. **Precautions :** Wrist, knee or neck pain.

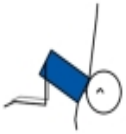
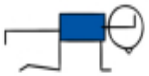
Image	Pose	Description
	Cat Cow	Sit with buttocks on heels. Come onto all fours. Wrists under shoulders. Pull navel into small of back. Inhale while raising head. Exhale, while lowering head and arching spine up like a cat. Repeat. **Benefits:** Stretches lower back. Engage care. Decompress spine. **Video:** https://www.youtube.com/embed/kqnua4rHVVA **Modifications:** Knee to chest. Raise leg or arm. **Precautions :** Neck injury.
	Table Top	Come onto hands and knees. Bring knees hip-width apart. Palms directly under shoulders. Fingers facing forward. Gaze down. Flat back. Press into palms to drop shoulders away from ears. Press tail bone towards back wall and crown of head towards front wall. **Benefits:** Transition for many floor postures. Lengthens spine. **Video:** https://www.youtube.com/embed/PGAntbDQ6Xg **Modifications:** A) Make fists with hands (reduce pressure on wrists). B) Raise an arm. C) Raise one arm and the opposite leg. D) Folded towel or a wedge under the heels of your hands. E) Folded blanket or a yoga mat under your knees. F) Cat-Cow pose. **Precautions :** Wrist, knee or neck pain.
	Thread The Needle Arm Up	Get on hands and knees. Slide right hand between left hand and left knee. Slide arm out to left (right shoulder and side of head rest on floor). Reach left hand up. Reach out through the fingers. Hold. Switch sides. **Alternatives:** Extended Puppy. **Benefits:** Stretches shoulders, arms, upper back, neck. **Video:** https://www.youtube.com/embed/nNICdJLGuAw **Modifications:** Folded blanket under knees. **Precautions :** Knees, shoulders, or neck injury.

Image	Pose	Description
	Table Top	Come onto hands and knees. Bring knees hip-width apart. Palms directly under shoulders. Fingers facing forward. Gaze down. Flat back. Press into palms to drop shoulders away from ears. Press tail bone towards back wall and crown of head towards front wall. **Benefits:** Transition for many floor postures. Lengthens spine. **Video:** https://www.youtube.com/embed/PGAntbDQ6Xg **Modifications:** A) Make fists with hands (reduce pressure on wrists). B) Raise an arm. C) Raise one arm and the opposite leg. D) Folded towel or a wedge under the heels of your hands. E) Folded blanket or a yoga mat under your knees. F) Cat-Cow pose. **Precautions :** Wrist, knee or neck pain.
	Cow Arm Leg Raises	Start on hands and knees. Knees set directly below hips and wrists. Centre head in a neutral position. Eyes looking at floor. Raise right arm and left leg. Hold. Raise left leg arm and right leg. **Alternatives:** A) Cow pose. B) Raise arm. C) Raise leg. **Benefits:** Stretches torso and neck. Massages spine, and core. **Video:** https://www.youtube.com/embed/sQ7xdUBKuS0 **Modifications:** Raise arm and leg to side. **Precautions :** Neck or wrist injury.
	End Of Sequence	

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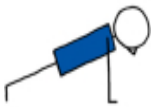
	Extended Child	On all fours. Wrists below shoulders. Knees under hips. Use hands to walk forward and lower chest to floor. Drop buttocks until they reach halfway to feet. Arms straight. Forehead touches floor. Push hips back and stretch spine. **Benefits:** Stretches arms, shoulders, spine, hips. **Video:** https://www.youtube.com/embed/eqVMAPM00DM **Modifications:** A) Interlock fingers behind back. B) Knees together (instead of separated). C) Curl toes under (instead of flat). D) Place a rolled towel under shins. E) Place a yoga blanket underneath knees.-F) Place a bolster or pillow under belly or chest. G) Spread knees wider. **Precautions :** Knee injury.
	Plank	Begin on hands and knees. Knees under hips. Hands under shoulders. Roll shoulders back and down. Fingertips point forward. Don't splay elbows. Lift up in your middle as you step one foot straight back and then the other. Keep legs engaged in supporting the plank position. Hold. **Alternatives:** Dolphin. One Legged Side Plank. **Benefits:** Strengthens arms, wrists, spine. Tones abs. **Video:** https://www.youtube.com/embed/pSWYGXSNjdE?rel=0 **Modifications:** Knees on floor. Use wall to place feet for support. **Precautions :** Carpal tunnel syndrome

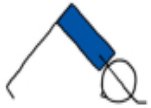
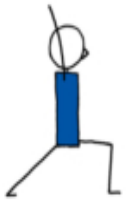
Image	Pose	Description
	Downward Facing Dog Knees Bent	Start in Mountain. Forward bend. Step feet back one at time. Lift buttocks. Lengthen spine. Bend knees. Tuck chin in. Look at feet. Release jaw. **Alternatives:** Down Dog. Dolphin. **Benefits:** Stretches spine, hams, shoulders. Calms nervous system. **Video:** https://www.youtube.com/embed/GuxnaIcILFQ **Modifications:** Use wall. Head on block. Leg up. Arm up. Wide stance. **Precautions :** Pregnant. HBP. Headache.
	Downward Facing Dog	Start in Mountain. Forward bend. Step feet back one at time. Lift buttocks. Lengthen spine. Press down through heels. Tuck chin in. Look at feet. Release jaw. **Alternatives:** Dolphin. **Benefits:** Stretches spine, hams, shoulders. Calms nervous system. **Video:** https://www.youtube.com/embed/ayRU3ecmPbI?rel=0 **Modifications:** A) Use a wall. B) Head on a block. C) Leg up. D) Arm up. E) Wide stance. **Precautions :** Pregnant. High blood pressure. Headache.

Image	Pose	Description
	Standing Fold	Stand in Mountain. Stretch arms overhead. Bend knees slightly (don't straighten knees by locking them back). Fold forward from your waist. Back of neck soft. Hang loosely. Allow the spine take its time to stretch forward. **Benefits:** Calms the brain. Helps relieve stress. Stimulates liver and kidneys. Stretches hamstrings, calves, & hips. Strengthens thighs and knees. Improves digestion. Helps relieve symptoms of menopause. Reduces fatigue. Relieves headache and insomnia. Therapeutic for asthma, high blood pressure, infertility, osteoporosis, and sinusitis. **Video:** https://www.youtube.com/embed/hrp6Q_QyDkc?rel=0 **Modifications:** A) Bent knees. B) Loop fingers around big toes. C) Place upper back against wall. D) Place hands on blocks that are positioned close to your feet. E) Baby standing forward bend (bend only half way down). F) Use a chair or wall for going half way down. G) Do not use leverage in the pose to go deeper into the bend. Instead let the body be loose as a goose while bending and allow the spine take its time to stretch forward. H) Place head on a chair when in the forward bend. I) Do Gorilla pose (palms under soles of feet). **Precautions :** Back, knee, and hamstring injuries.
	Lunge Hands On Mat	From Downward Facing Dog step right foot forward between hands. Hands either side of right foot. Left knees stays off ground. Lift chest. Look up. Back into Down Dog. Repeat on left leg. **Alternatives:** High Lunge. **Benefits:** Stretches legs, groin, hip flexors. Strengthens thighs, buttocks. **Video:** https://www.youtube.com/embed/R5zeuZuA8T4?rel=0 **Modifications:** Move between bent and straight leg. **Precautions :** Knee injury. High blood pressure.

Image	Pose	Description
	Low Lunge	Start in Downward Facing Dog. Step right foot forward, between hands. Lower left knee to floor, sliding foot back until you feel a nice stretch in left hip and thigh. Keep hips low and level with each other. Place hands on thigh (or lift chest away from thigh, sweeping arms up alongside ears).Look straight ahead. Lower hands and step back to Downward Facing Dog. **Benefits:** Stretches legs, groin, and hip flexors. Strengthens thighs and buttocks. **Video:** https://www.youtube.com/embed/R5zeuZuA8T4?rel=0 **Modifications:** A) Move between forward leg being bent and straight. B) Lower back knee to the mat.-C) Face a wall (press big toe of front foot against a wall and bring fingertips to the wall). D) Low lunge twist (bend back knee and reach for foot or ankle with opposite hand). E) Side lunge. **Precautions :** Knee injury.
	Revolved High Lunge Twist	Stand in a lunge with left leg in front and right knee raised off the floor. Twist upper body to left side over front bent knee. Return to start. Twist upper body to right side over front bent knee. **Benefits:** Stretches hip flexors. Engages core. **Video:** https://www.youtube.com/embed/8AT_0RRv3wM
	Warrior I	Start in Mountain. Wide stance. Press into outside edge of back foot. Bend forward knee (stop above ankle). Body weight centred. Arms overhead. Switch sides. **Alternatives:** Warrior II, III **Benefits:** Stretches chest, shoulders, abs. Strengthens arms. **Video:** https://www.youtube.com/embed/4hqmLOpkHrw?rel=0 **Modifications:** Back heel on folded blanket. **Precautions :** High blood pressure. Shoulder injury.

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	Mountain	Stand with feet hip-width apart. Tuck chin in. Legs slightly bent. Shoulders back and down. **Benefits:** Improves posture and concentration. Strengthens legs. Engages core. Strengthens your thighs, knees, and ankles. Firms your abdomen and buttocks. Relieves sciatica. Reduces flat feet. **Video:** https://www.youtube.com/embed/nwiyZSmfpWY?rel=0 **Modifications:** A) Palms together in prayer mudra behind the back. B) Hands raised over your head. C) Eyes closed. D) Samashthiti (feet together). E) Feet hip-distance apart. F) Rock gently back and forth and side to side. G) Block between the thighs. H) Palms together in front of the chest in prayer mudra. I) Interlace fingers and extend arms straight in front of you (shoulder stretch).- **Precautions :** Avoid locking the knees out (allow your knees to soften).
	Standing Crescent	Stand in Mountain. Step feet together with big toes touching. Heels half an inch apart. Sweep arms above head. Press hands together in prayer. Inhale. Exhale while bending to the left. Keep feet rooted and Inner core engaged as you breathe into right side body. Repeat on opposite side. **Alternatives:** Standing Side Stretch. **Benefits:** Stretches sides of torso and spine. Stimulates abs. **Video:** https://www.youtube.com/embed/FWsL4uTuzR0 **Modifications:** Spin chest toward ceiling and look up. **Precautions :** Hip, shoulder, or neck injuries.

Image	Pose	Description
	Mountain Lock	Stand with feet together. Interlock fingers behind back. Straighten arms and lower shoulders. Bring shoulder blades together. Gaze up. Feel chest opening. Hold. **Benefits:** Deepens breath. Stimulates thyroid gland. Opens chest. Improves posture. **Modifications:** A) Palms together in prayer mudra behind the back. B) Hands raised over your head. C) Eyes closed. D) Samashthiti (feet together). E) Feet hip-distance apart. F) Rock gently back and forth and side to side. G) Block between the thighs. H) Palms together in front of the chest in prayer mudra. I) Interlace fingers and extend arms straight in front of you (shoulder stretch).- **Precautions :** Neck injury.
	Mountain Palm Lock	Stand with feet together. Interlock fingers behind back. Straighten arms and lower shoulders. Raise hands and bring shoulder blades together. Gaze up. Feel chest opening. Hold. **Benefits:** Deepens breath. Stimulates thyroid gland. Opens chest. Improves posture. **Video:** https://www.youtube.com/embed/2HTvZp5rPrg
	Pyramid	Stand tall in Mountain. Turn right foot out slightly. Step left leg forward so stance is wide. Gaze over left leg. Hips square with left leg. Take arms behind back holding onto forearms. Root legs into ground. Feel stretch in legs. Inhale while lifting chest and looking up. Exhale while bending forward (leading with chest). Come toward left leg. Tuck chin in towards chest when you reach your limit. Hold. Breathe into backs of legs where the stretch is. Deepen pose on exhalation. Repeat on other side. **Benefits:** Stretches spine, wrists, hips, hams. Strengthens legs, abs. **Video:** https://www.youtube.com/embed/Z1eKzRJLq2A **Modifications:** Back heel pressed to wall. Interlace fingers behind back. Fingertips touch floor. Hands on leg. **Precautions :** Back injury. High blood pressure.

Image	Pose	Description
	Mountain	Stand with feet hip-width apart. Tuck chin in. Legs slightly bent. Shoulders back and down. **Benefits:** Improves posture and concentration. Strengthens legs. Engages core. Strengthens your thighs, knees, and ankles. Firms your abdomen and buttocks. Relieves sciatica. Reduces flat feet. **Video:** https://www.youtube.com/embed/nwiyZSmfpWY?rel=0 **Modifications:** A) Palms together in prayer mudra behind the back. B) Hands raised over your head. C) Eyes closed. D) Samashthiti (feet together). E) Feet hip-distance apart. F) Rock gently back and forth and side to side. G) Block between the thighs. H) Palms together in front of the chest in prayer mudra. I) Interlace fingers and extend arms straight in front of you (shoulder stretch).- **Precautions :** Avoid locking the knees out (allow your knees to soften).
	Chair	Start in Mountain. Raise arms perpendicular to the floor. Keep arms parallel, palms facing inward. Bend knees. Firm shoulder blades against the back. **Benefits:** Strengthens ankles, thighs, calves, and spine. Stretches chest. **Video:** https://www.youtube.com/embed/ySafTekJ3Ls **Modifications:** A) Block between thighs. B) Join palms overhead. C) Use a wall behind to support the hips. D) Stretch arms in front of you in alignment with your chest, instead of raising them overhead. E) Placing hands on thighs with palms facing down. F) Widen your stance. **Precautions :** Headache. Insomnia. Low blood pressure. Knee pain.

Image	Pose	Description
	Tree	Start in Mountain. Weight on left foot. Inner foot firm. Bend right knee. Clasp right ankle. Press right foot sole against inner thigh. Resist with left leg. Hands in Anjali Mudra. Gaze at a fixed point. Repeat on other side. **Benefits:** Strengthens thighs, calves, ankles, spine. Stretches groins, thighs, chest, shoulders. **Video:** https://www.youtube.com/embed/wdln9qWYloU?rel=0 **Modifications:** A) Back against a wall. B) Close eyes. C) Bring hands overhead. D) Baby tree (place insides of soles of one foot near insides of ankles of the other foot). F) Hands on hips. G) Hold ankle with one hand and use other hand to balance. H) Tree with hand on chair for balance I) Tree with foot on chair. J) Half lotus tree (bring foot higher up your thigh). K) Tree side bend. L) Tree with a partner. **Precautions :** Knee injury.
	Fig Tree	Stand in Mountain pose. Inhale, lift left leg behind. Raise right hand. Raise left arm to the side, and turn left palm towards floor. Hold. Return to start. Repeat on other side. **Benefits:** Increases blood circulation. Boosts energy levels within the entire body. **Video:** https://www.youtube.com/embed/279RwV8g-D8 **Modifications:** Bring raised foot into Tree pose position.
	Squat	Stand upright with back straight. Feet shoulder width apart. Feet at 45 degrees. Bend knees. Squat as if you are about to sit on an invisible chair. **Alternatives:** Horse pose. **Benefits:** Hip opener. Strengthens thighs, buttocks, hamstrings. **Video:** https://www.youtube.com/embed/IXpJEqssze8 **Modifications:** A) Sit on the front edge of a chair. B) Folded blanket under heels. C) Lift all ten toes up. D) Bring arms to tops of legs and reach outward. E) Sit back against a wall like you are in a chair. F) Add a twist. G) Sit on a block. H) Roll a blanket and place it in the crease of both knees. **Precautions :** Knee injury.

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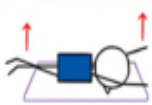
	Extended Child	On all fours. Wrists below shoulders. Knees under hips. Use hands to walk forward and lower chest to floor. Drop buttocks until they reach halfway to feet. Arms straight. Forehead touches floor. Push hips back and stretch spine. **Benefits:** Stretches arms, shoulders, spine, hips. **Video:** https://www.youtube.com/embed/eqVMAPM00DM **Modifications:** A) Interlock fingers behind back. B) Knees together (instead of separated). C) Curl toes under (instead of flat). D) Place a rolled towel under shins. E) Place a yoga blanket underneath knees.-F) Place a bolster or pillow under belly or chest. G) Spread knees wider. **Precautions :** Knee injury.
	End Of Sequence	
	Prone Leg Arm Raises	Lie face down with forehead resting on mat. Align neck and head. Extend arms in front of you with palms facing down. Lengthen torso by stretching neck away from body. Engage abs. Keep head in line with upper back and raise left arm and right leg 6 inches. Hold. Lower to start. Raise right arm and left leg. Keep alternating. **Benefits:** Strengthens shoulders, spine, buttocks, hamstrings. Tones abs. **Video:** https://www.youtube.com/embed/YrrnXPh3gb8 **Precautions :** Neck and back injury. Headache.

Image	Pose	Description
	Sphinx	Lie on belly. Legs together. Buttocks firm. Legs active. Elbows under shoulders. Forearms on floor. Lift upper torso and head up. **Alternatives:** Crocodile. Locust. **Benefits:** Stretches chest, shoulders, and abs. Firms buttocks. Spine mobility. **Video:** https://www.youtube.com/embed/xPDs-zyIsWI **Modifications:** A) Wall Sphinx (stand facing a wall then place forearms and palms against it). B) Plank To Sphinx (start in Plank and lower to Sphinx). C) One leg raised. **Precautions :** Back Injury. Headache.
	Crocodile	Relax on stomach. Arms folded on floor above head. Widen legs. Roll feet so heels point in. Squeeze buttocks. Press pelvis into floor. Rest forehead on arms. **Alternatives:** Leg or arm lift. **Benefits:** Stretches back, legs, buttocks. Reduce stress. Improve posture. **Video:** https://www.youtube.com/embed/MZynS2i3n28?rel=0 **Modifications:** Place forehead in Yoni Mudra. **Precautions :** Pregnancy.
	Alternate Nose Breath	Thumb stays up. Bring index and second finger down (last 2 fingers stay up). Place thumb onto right nostril (close airway). Inhale up through left nostril. Close left nostril off with the 2 fingers that are pointing up and exhale through right nostril. Inhale up right nostril. Close right nostril and exhale through left nostril. That is one round. **Benefits:** Reduces stress. **Video:** https://www.youtube.com/embed/MCK1jBfRVsE?rel=0 **Modifications:** A) Inhale and exhale once on each side instead of multiple rounds. B) Slow the breath (Inhale for 4 counts, exhale for 4 counts). C) Track rounds using a 27-bead mala.

Image	Pose	Description
	Savasana Rolled Blanket	Roll up a blanket and place it on mat. Lie on back. Legs and arms apart. Feet to side. Palms up. Place rolled up blanket across lower back. Release back to floor. Close eyes. Inhale, let abdomen rise. Exhale. let abdomen fall. Feel heavy with each exhale. **Alternatives:** Crocodile. Child. Supine Butterfly. **Benefits:** Calming. **Modifications:** A) Knees up. B) Blanket under knees and/or head.

Lesson Plan Description:

Aims:

1. To improve the flexibility and mobility of the spine through yoga practice
2. To alleviate pain and tension in the spine and surrounding muscles
3. To increase awareness and understanding of the importance of spinal health

Objectives:

1. Students will be able to perform a variety of yoga poses that target different areas of the spine, including forward folds, backbends, twists, and lateral bends.
2. Students will experience a reduction in pain and tension in their spines and surrounding muscles as a result of the practice.
3. Students will be able to identify the benefits of spinal health and understand the importance of adding yoga into their daily routine to maintain spinal health.
4. Students will leave the class feeling more relaxed and centred, with improved posture and greater ease of movement in their spines.

You can create lesson plans like this using the Genie Lesson Planner