

Soothe Sciatica: 60 Minute Session




Image	Pose	Description
	Mountain	<p>Stand with feet hip-width apart. Tuck chin in. Legs slightly bent. Shoulders back and down.</p> <p>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.</p> <p>Video: https://www.youtube.com/embed/nwiyZSmfpWY?rel=0</p> <p>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).-</p> <p>Precautions : Avoid locking the knees out (allow your knees to soften).</p>
	Mountain Arms Raised I	<p>Feet hip width apart. Tuck chin in. Legs slightly bent. Shoulders back and down. Raise arms overhead.</p> <p>Benefits: Improves posture. Strengthens legs and arms. Engages core.</p> <p>Video: https://www.youtube.com/embed/nwiyZSmfpWY?rel=0</p> <p>Modifications: A) Standing twist. B) Standing arms overhead. C) Standing arms overhead with palms together. D) Samashthiti (feet together).</p> <p>Precautions : Pregnant.</p>
	Standing Twist I	<p>Start in Mountain. Lift arms overhead. Palms together. Twist to right. Pull in abdomen. Hold. Repeat on left.</p> <p>Benefits: Spinal flexibility.</p> <p>Video: https://www.youtube.com/embed/33tTdymSGoE</p> <p>Modifications: A) Cross legs. B) Arms parallel to the mat.</p> <p>Precautions : Back injury.</p>




Image	Pose	Description
	Standing Side Stretch	<p>Stand in Mountain. Raise right arm above head. Stretch over to left. Pull R leg behind and to Left side. Repeat on other side.</p> <p>Benefits: Stretches sides of torso and spine and down into hips. Stimulates abs.</p> <p>Video: https://www.youtube.com/embed/03LTsK22NYk?rel=0</p> <p>Modifications: I'm using this as a "Ballet" stretch</p>
	Standing Backbend	<p>Start in Mountain. Place palms on low back, fingers point down. Squeeze thighs and buttocks. Press hips forward and arch torso back. Gaze forward. Use arms to support weight. Keep legs and buttocks engaged. To release keep legs, buttocks and arms strong.</p> <p>Benefits: Stretches sides of torso, spine. Stimulates abs.</p> <p>Video: https://www.youtube.com/embed/bZPFVITAUVs?rel=0</p> <p>Modifications: Drop head back.</p> <p>Precautions : Back or neck injury.</p>
	Chair	<p>Start in Mountain. Raise arms perpendicular to the floor. Keep arms parallel, palms facing inward. Bend knees. Firm shoulder blades against the back.</p> <p>Benefits: Strengthens ankles, thighs, calves, and spine. Stretches chest.</p> <p>Video: https://www.youtube.com/embed/ySafTekJ3Ls</p> <p>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.</p> <p>Precautions : Headache. Insomnia. Low blood pressure. Knee pain.</p>




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	Mountain Arms Raised I	<p>Feet hip width apart. Tuck chin in. Legs slightly bent. Shoulders back and down. Raise arms overhead.</p> <p>Benefits: Improves posture. Strengthens legs and arms. Engages core.</p> <p>Video: https://www.youtube.com/embed/nwiyZSmfpWY?rel=0</p> <p>Modifications: A) Standing twist. B) Standing arms overhead. C) Standing arms overhead with palms together. D) Samashthiti (feet together).</p> <p>Precautions : Pregnant.</p>
	Warrior I	<p>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.</p> <p>Alternatives: Warrior II, III</p> <p>Benefits: Stretches chest, shoulders, abs. Strengthens arms.</p> <p>Video: https://www.youtube.com/embed/4hqmLOpkHrw?rel=0</p> <p>Modifications: Back heel on folded blanket.</p> <p>Precautions : High blood pressure. Shoulder injury.</p>
	Mountain Arms Raised I	<p>Feet hip width apart. Tuck chin in. Legs slightly bent. Shoulders back and down. Raise arms overhead.</p> <p>Benefits: Improves posture. Strengthens legs and arms. Engages core.</p> <p>Video: https://www.youtube.com/embed/nwiyZSmfpWY?rel=0</p> <p>Modifications: A) Standing twist. B) Standing arms overhead. C) Standing arms overhead with palms together. D) Samashthiti (feet together).</p> <p>Precautions : Pregnant.</p>




Image	Pose	Description
	Warrior II	<p>Start in Mountain. Step feet wide apart. Raise arms parallel to floor. Palms down. Turn right foot in to right. Left foot at 90 degrees. Align left heel with right heel. Bend left knee over left ankle. Stretch arms parallel to floor. Turn head to look over fingers. Repeat on other side.</p> <p>Alternatives: Warrior I, III</p> <p>Benefits: Stretches groin, chest, shoulders, and abdominals. Relieves backache.</p> <p>Video: https://www.youtube.com/embed/4Ejz7IgODIU?rel=0</p> <p>Modifications: A) High lunge with arms overhead. B) High lunge with backbend. C) High lunge with arms forward. D) High lunge with blocks under hands. E) High lunge with hands on hips. F) Block under back foot. G) Raise back heel on a folded blanket.</p> <p>Precautions : High blood pressure. Shoulder injury.</p>
	Mountain Arms Raised I	<p>Feet hip width apart. Tuck chin in. Legs slightly bent. Shoulders back and down. Raise arms overhead.</p> <p>Benefits: Improves posture. Strengthens legs and arms. Engages core.</p> <p>Video: https://www.youtube.com/embed/nwiyZSmfpWY?rel=0</p> <p>Modifications: A) Standing twist. B) Standing arms overhead. C) Standing arms overhead with palms together. D) Samashthiti (feet together).</p> <p>Precautions : Pregnant.</p>
	Single Leg Stand	<p>Using this as the Stork Pose - pull lifted leg toward chest with arms if possible to lengthen glutes. Gaze at a spot on wall in front of you. Low belly in and up. Repeat on other leg.</p> <p>Benefits: Balance. Strengthens buttocks. Pelvic stability.</p> <p>Video: https://www.youtube.com/embed/TKVhKVdrrAo</p>




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	<p>Mountain Arms Raised I</p>	<p>Feet hip width apart. Tuck chin in. Legs slightly bent. Shoulders back and down. Raise arms overhead. Benefits: Improves posture. Strengthens legs and arms. Engages core. Video: https://www.youtube.com/embed/nwiyZSmfpWY?rel=0 Modifications: A) Standing twist. B) Standing arms overhead. C) Standing arms overhead with palms together. D) Samashtithi (feet together). Precautions : Pregnant.</p>
	<p>Standing Fold Knees Bent II</p>	<p>Stand in Mountain. Knees hip-width apart and very bent. Fold at waist grasping opposite elbows. Let head hang. Hold. Alternatives: Tabletop. Gorilla. Benefits: Stretch back, hams. Improves posture. Video: https://www.youtube.com/embed/VKhodmlFhak Modifications: Loop fingers around big toes.</p>
	<p>Downward Facing Dog Knees Bent</p>	<p>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/GuxnalclLFQ Modifications: Use wall. Head on block. Leg up. Arm up. Wide stance. Precautions : Pregnant. HBP. Headache.</p>




Image	Pose	Description
	Table Top	<p>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.</p> <p>Benefits: Transition for many floor postures. Lengthens spine.</p> <p>Video: https://www.youtube.com/embed/PGAntbDQ6Xg</p> <p>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.</p> <p>Precautions : Wrist, knee or neck pain.</p>
	Cow	<p>Start on hands and knees. Knees set directly below hips and wrists. Centre head in a neutral position. Eyes looking at floor.</p> <p>Benefits: Stretches torso, neck. Massages spine, core.</p> <p>Video: https://www.youtube.com/embed/VuqVVXW_N50?rel=0</p> <p>Modifications: Paired with Cat Pose.</p> <p>Precautions : Neck or wrist injury.</p>
	Half Pigeon	<p>Start on all fours with hands below shoulders. Bend right knee and slide it forward between hands (heel under left hip). Extend left leg behind you with toes tucked under. Hips face forward. Gaze up and expand chest. Lower chest onto thigh.</p> <p>Benefits: Stretches thighs, psoas, abs, chest, shoulders, and neck.</p> <p>Video: https://www.youtube.com/embed/jQMsrLowFw?rel=0</p> <p>Modifications: A) Hold onto back foot. B) Folded blanket under hip. C) Figure four version (Sit with knees bent, feet flat on mat, arms behind you for support. Bring right ankle over left knee, keeping foot flex. Walk left foot closer to hip to increase stretch). D) Figure four version lying on your back.</p> <p>Precautions : Ankle or knee injury.</p>


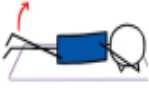

Image	Pose	Description
	Reversed Savasana	<p>Lie on stomach. Stretch both arms forward. Palms face down. Forehead rests on floor. Melt into your mat. Relax deeper on each exhale.</p> <p>Alternatives: Leg or arm lift.</p> <p>Benefits: Relaxing. Core strengthener.</p> <p>Video: https://www.youtube.com/embed/pDH_kn0xL4w</p> <p>Modifications: Place hands on forehead in Yoni Mudra. Pillow under chest.</p> <p>Precautions : Pregnancy.</p>
	Prone Leg Raise	<p>Lie flat on stomach. Feet together. Forehead on floor. Rest chin on floor. Stretch chin slightly forward. Soften front of body. Both hands under thighs (or place head on folded arms). Slowly lift leg on an inhale. Switch legs.</p> <p>Alternatives: Legs up wall. Full locust.</p> <p>Benefits: Tones back muscles. Stimulate lower back.</p> <p>Video: https://www.youtube.com/embed/DumG6KyWSjs</p> <p>Modifications: 1 leg up. Wide legs. Hands under body, to side or in front.</p> <p>Precautions : HBP. Hernia. Back injury.</p>
	Half Bow	<p>Lie on belly. Legs together. Bring chin to floor. Slide right arm along floor with palm facing down. Bend right knee. Reach left hand back to hold onto the right heel or ankle (opposite hand to foot). Kick right foot into arm to lift right leg. Raise head and chest. Keep neck in line with the spine. Gaze straight ahead. Press down into right arm, or raise right arm (keep parallel to floor). Hold. To release: exhale and lower leg, arm, head, chest to floor. Repeat on other side.</p> <p>Benefits: Stretches thighs, groins, abs, chest, throat, hip flexors.</p> <p>Video: https://www.youtube.com/embed/i85RRMmaMRw</p> <p>Modifications: Use a strap.</p> <p>Precautions : Back injury.</p>



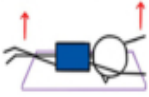
Image	Pose	Description
	Cobra	<p>Lie face down. Feet together. Toes pointing behind. Hands flat on the floor by the rib cage. Lift chest. Gaze forward.</p> <p>Alternatives: Sphinx. Crocodile.</p> <p>Benefits: Supple spine. Strengthen palms, wrists, toes.</p> <p>Video: https://www.youtube.com/embed/zgvoIE4NAH0</p> <p>Modifications: A) Cobra with a folded blanket under hips. B) Cobra with one leg raised. C) Cobra with two legs raised. D) Cobra with one arm raised in front. E) Cobra with two arms raised in front. F) Cobra with one arm raised to the side. G) Cobra with two arms raised to the side. H) Cobra on elbows. I) Cobra with both hands behind the head. J) Revolved cobra. K) Striking cobra (extended child to cobra). L) Chair cobra (seated backbend). M) Baby cobra (don't lift chest all the way up).</p> <p>Precautions : Pregnancy. CTS. Back injury.</p>
	Locust	<p>Lie flat on stomach. Feet together. Forehead on floor. Place arms by sides. Palms up. Stretch chin slightly forward. Rest chin on floor. Soften front of body. Lift chest, legs, arms off floor. Extend fingertips towards toes. Look straight ahead.</p> <p>Alternatives: Legs up wall.</p> <p>Benefits: Tones back muscles. Stimulate lower back.</p> <p>Video: https://www.youtube.com/embed/582eV71P1sQ?rel=0</p> <p>Modifications: 1 leg up. Wide legs. Hands under body, to side or in front.</p> <p>Precautions : High blood pressure. Hernia. Back injury.</p>
	Prone Leg Arm Raises	<p>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.</p> <p>Lower to start. Raise right arm and left leg. Keep alternating.</p> <p>Benefits: Strengthens shoulders, spine, buttocks, hamstrings. Tones abs.</p> <p>Video: https://www.youtube.com/embed/YrrnXPh3gb8</p> <p>Precautions : Neck and back injury. Headache.</p>

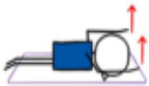


Image	Pose	Description
	Prone Arm Raises	<p>Lie face down with forehead resting on mat. Elbows at right angles. Palms face down. Point feet back (toes rest on mat). Raise arms up to head height. Squeeze shoulder blades together. Release.</p> <p>Benefits: Strengthens shoulders, spine, buttocks, hamstrings. Tones abs.</p> <p>Video: https://www.youtube.com/embed/OQoNMmVm5g4</p> <p>Precautions : Neck and back injury. Headache.</p>
	Supine Block Lower Back	<p>Lie on back with block under lower back. Legs and arms apart. Feet to side. Palms up. Release back to floor. Close eyes. Inhale, let abdomen rise. Exhale, let abdomen fall. Feel heavy with each exhale.</p> <p>Alternatives: Savasana. Bridge pose.</p> <p>Benefits: Stretches hip flexors, intercostals, belly, throat. Improves posture. Calming.</p> <p>Video: https://www.youtube.com/embed/YBe1nzunHJ0</p> <p>Modifications: No block.</p> <p>Precautions : Back injury.</p>
	Bridge	<p>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.</p> <p>Benefits: Chest, neck, spine stretch. Reduces backache.</p> <p>Video: https://www.youtube.com/embed/EU2JS2Pm2EY?rel=0</p> <p>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.</p> <p>Precautions : Knee or neck injury.</p>




Image	Pose	Description
	<p>Bridge Leg Up</p>	<p>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. Place hands under hips. Raise left leg. Hold. Lower left leg. Repeat with right leg. Release hands. Lower slowly to mat.</p> <p>Alternatives: Bridge.</p> <p>Benefits: Chest, neck, spine stretch. Reduces backache.</p> <p>Video: https://www.youtube.com/embed/igoajQo_po4</p> <p>Modifications: A) Bridge with blanket under shoulders. B) Block below shoulders. C) Block (or bolster) below lower back. D) Feet close to wall to prevent slipping.</p> <p>Precautions : Knee or neck injury.</p>
	<p>Knees To Chest</p>	<p>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.</p> <p>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.</p> <p>Video: https://www.youtube.com/embed/TVk4ht8V8J8</p> <p>Modifications: Knee to chest.</p>
	<p>Sacral Circles</p>	<p>Lie on back with legs and arms extended. Draw both knees to chest. Clasp hands around knees. Keep back flat on mat. Release shoulder blades down toward waist. Draw tailbone and sacrum down toward mat. Lengthen spine. Clock-wise circles with knees.</p> <p>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.</p> <p>Video: https://www.youtube.com/embed/TWG_79QF4_E</p>


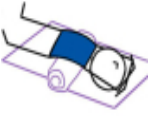


Image	Pose	Description
	<p>Lying Twist</p>	<p>Lie on back. Raise right leg up and roll it over to left side (foot touches floor). Spread legs wide. Put left hand on right thigh for leverage. Switch sides.</p> <p>Benefits: Releases lower back. Opens tight shoulders. Improves digestion. Quiet Mind. Eases sciatic pain.</p> <p>Video: https://www.youtube.com/embed/TI9scRUR95g</p> <p>Modifications: Lift head up.</p>
	<p>Supine Bolster Hands Touch Elbows</p>	<p>Put bolster to side. Lie on back. Bring feet close to buttocks. Lift hips. Slide bolster under back. Allow shoulders to descend. Let head touch floor. Reach arms up and behind. Fold arms so hands touch elbows. Relax face. Release on exhale by bringing arms to side.</p> <p>Benefits: Awakens spine. Increases lung capacity, metabolism.</p> <p>Video: https://www.youtube.com/embed/5F_I7Skf_4U?rel=0</p> <p>Modifications: Blanket under head.</p> <p>Precautions : Back injury.</p>
	<p>Recovery Position On Bolster</p>	<p>Sit beside bolster (pointing away from you). Bring hip and knees close to bolster. Twist towards bolster. Lay on bolster with head facing in the same direction as knees. Repeat on other side.</p> <p>Benefits: Stretches spine, shoulders, hips. Massages abs.</p> <p>Video: https://www.youtube.com/embed/IViMfLiD93Q?rel=0</p> <p>Modifications: Turn head to face away from knees.</p>

Image	Pose	Description
	Crocodile	<p>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.</p> <p>Alternatives: Leg or arm lift.</p> <p>Benefits: Stretches back, legs, buttocks. Reduce stress. Improve posture.</p> <p>Video: https://www.youtube.com/embed/MZynS2i3n28?rel=0</p> <p>Modifications: Place forehead in Yoni Mudra.</p> <p>Precautions : Pregnancy.</p>

Lesson Plan Description:

Ease Pressure From Your Sciatic Nerve

The sciatic nerve runs through the lumbar spine to the sacrum and down to the legs. When that nerve is compressed, the result can be pain that begins in the hip or buttocks and continues down the leg, sometimes accompanied by lower back pain.– Sciatica problems often happen from too much sitting, a specific injury, or from the sacroiliac joint putting pressure on the sciatic nerve, which can happen when playing certain sports.

Why You Get Sciatic Pain

Reason 1

Compression of the L4-S1 nerve roots affects the sciatic distribution.

Reason 2

The sciatic nerve is injured.

Poses To Avoid: Straight-leg Forward Bends

Bend your knees when in [standing forward bends](#) and [Downward Facing Dog](#).

Avoid straight-leg forward bends because they aggravate sciatica. So, if you have tight hips or weak lower-back muscles avoid straight-leg forward bends. Instead of bending forward from the hips, the lower spine rounds and bends forward while the pelvis tugs back. This is why you often hear the instruction to "bend from the hip creases" to lift the sitting bones. The action of lifting and separating the sitting bones results in the pelvis tilting forward. If the pelvis does not tilt forward in a forward bend, the result can be either a strain or pull of the sacroiliac ligaments or sciatica.

-Recommended Asanas

[Locust Pose](#) is a great backbend for healing sciatica because it strengthens the lower-back muscles while bringing circulation to the hip muscles. Variations of Locust Pose include: [Prone Chest Raise Pose](#), [Prone Leg And Arm Raise Pose](#), [Reversed Savasana Pose](#), [Prone Arm Raises Pose](#), [Superman Pose](#), and [Prone Leg Raises Pose](#).

[Bridge Pose](#) is another great backbend. Alternate the distance between the feet to isolate different muscle groups first with the feet together, then hip-distance apart, and lastly with the feet and knees quite wide, keeping the inner thighs engaged. For increased circulation, move up and down in the pose. Other variations of Bridge Pose include [Bridge With Leg Up Pose](#), [Bridge With Hands On Hip Pose](#), [Bridge With Ankle On Knee Pose](#), [Bridge With Feet On A Chair Pose](#), and [Bridge With Feet](#)

[Against A Wall Pose](#).

[Half Pigeon Pose](#) is good to soothe sciatic pain, and so is [Half Lord of the Fishes I Pose](#). Variations include [Half Lord Of The Fishes II Pose](#), [Half Lord Of The Fishes III Pose](#), and [Half Lord Of The Fishes IV Pose](#).

You can create lesson plans like this using the [Genie Lesson Planner](#)