













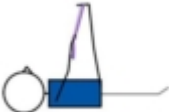









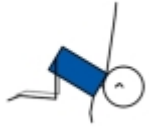

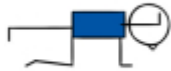


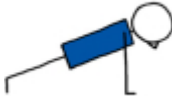



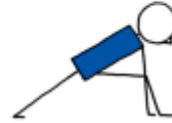




Yoga For The Spine And Pelvic Floor

					
Easy	Easy Chin To Chest	Easy Ear To Shoulder I	Easy Forward Fold I	Easy Anjali Twist	Easy Fold Block
					
bend knees, both feet on floor	Easy Side Bend I	Easy Twist	Easy Forward Bend Twist	Cradle Baby	End Of Sequence
					
Knees To Chest	Knees To Head	Leg Up I Strap	Supine Knees Bent	Bridge	supine twist

 <p>End Of Sequence</p>	 <p>Half Boat</p>	 <p>Extended Child</p>	 <p>Table Top</p>	 <p>Cat Cow</p>	 <p>Table Top</p>
 <p>Thread The Needle Arm Up</p>	 <p>Table Top</p>	 <p>Cow Arm Leg Raises</p>	 <p>End Of Sequence</p>	 <p>Extended Child</p>	 <p>Plank</p>
 <p>Downward Facing Dog Knees Bent</p>	 <p>Downward Facing Dog</p>	 <p>Standing Fold</p>	 <p>Lunge Hands On Mat</p>	 <p>Low Lunge</p>	 <p>Revolved High Lunge Twist</p>



Warrior I



Mountain



Standing Crescent



Mountain Lock



Mountain Palm Lock



Pyramid



Mountain



Chair



Tree



Fig Tree



Squat



Extended Child



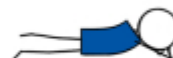
End Of Sequence



Prone Leg Arm Raises



Sphinx



Crocodile



Alternate Nose Breath



Savasana Rolled Blanket

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.