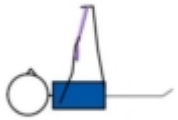
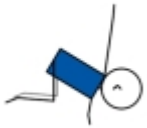
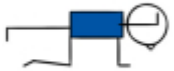
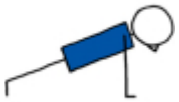
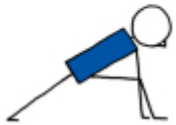
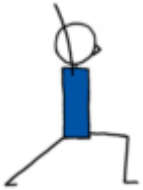
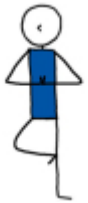
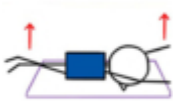
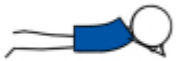
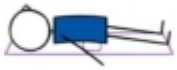
Yoga For The Spine And Pelvic Floor

 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

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

 **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.

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