






















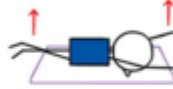
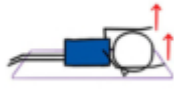


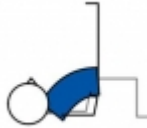


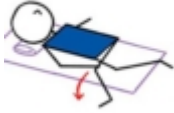
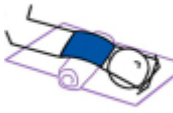

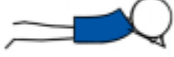


**Soothe Sciatica: 60 Minute Session**

 <p><b>Mountain</b></p>	 <p><b>Mountain Arms Raised I</b></p>	 <p><b>Standing Twist I</b></p>	 <p><b>Standing Side Stretch</b></p>	 <p><b>Standing Backbend</b></p>	 <p><b>Chair</b></p>
 <p><b>Mountain Arms Raised I</b></p>	 <p><b>Warrior I</b></p>	 <p><b>Mountain Arms Raised I</b></p>	 <p><b>Warrior II</b></p>	 <p><b>Mountain Arms Raised I</b></p>	 <p><b>Single Leg Stand</b></p>
 <p><b>Mountain Arms Raised I</b></p>	 <p><b>Standing Fold Knees Bent II</b></p>	 <p><b>Downward Facing Dog Knees Bent</b></p>	 <p><b>Table Top</b></p>	 <p><b>Cow</b></p>	 <p><b>Half Pigeon</b></p>

 <p><b>Reversed Savasana</b></p>	 <p><b>Prone Leg Raise</b></p>	 <p><b>Half Bow</b></p>	 <p><b>Cobra</b></p>	 <p><b>Locust</b></p>	 <p><b>Prone Leg Arm Raises</b></p>
 <p><b>Prone Arm Raises</b></p>	 <p><b>Supine Block Lower Back</b></p>	 <p><b>Bridge</b></p>	 <p><b>Bridge Leg Up</b></p>	 <p><b>Knees To Chest</b></p>	 <p><b>Sacral Circles</b></p>
 <p><b>Lying Twist</b></p>	 <p><b>Supine Bolster Hands Touch Elbows</b></p>	 <p><b>Recovery Position On Bolster</b></p>	 <p><b>Crocodile</b></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](#)