

Back Care

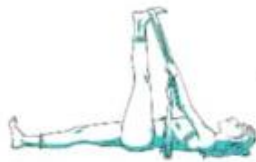
The importance of caring for your back includes developing healthy postural and movement habits. Practicing Yoga poses and doing stretching exercises will help build muscle strength in areas that may be weak, to give your spine support where it is needed. We have a tendency to do similar movements day after day, which creates strength in certain areas of our back using the same muscles, which can strengthen those muscles but can also create an imbalance or weakness in other areas. Balance is the key!

Many medical professionals are beginning to recommend Yoga practices over medication for the treatment of temporary or chronic back pain. A tension releasing, strength building Yoga practice may be just what you need. You have nothing to lose so give it a try! The risk is only “Feeling better”. It is always best to consult with a Health Care Professional before doing any type of exercise.

Find the JOY of pain free movement again.

If you feel comfortable, try these poses and add a routine to your daily Yoga Practice!

1 Reclined Big Toe
(both sides)



2 Reclined Pigeon
(both sides)



3 Leg Cradle
(both sides)



4 Fire Hydrant Kick
(both sides)



5 Locust



6 Downward Dog



7 High Lunge



repeat on
other side

8 Chair



9 Downward Dog



repeat on
other side

10 Pigeon

