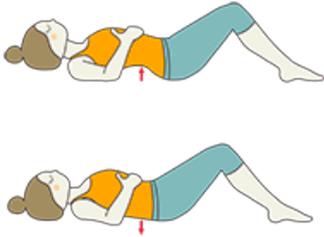


# 20 minute Gentle Lower Back Relief Sequence

Jessica Douglas



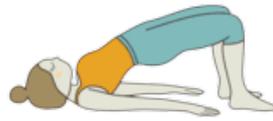
## 1. Supine Pelvic Tilt Tuck

Lie on your back with bent knees and the soles of your feet on the floor. Bring ankles closer to under the knees than this picture.

Inhale noticing in the neutral position, the natural curve of your lumbar spine will lift the lower back slightly off the floor.

Exhale and gently rock your hips toward your head. As you do this, you'll feel your lower back pressing into the floor.

Perform these pelvic tilts 5x



## 2. Bridge Pose • Setubandhasana

Inhale to prepare

Exhale and begin to peel the tailbone off the floor

Continue lifting one vertebra at a time off the floor while breathing slow controlled breaths, engaging the inner thighs and gluts and keeping feet firmly planted evenly onto floor.

Once reached a flat 'ski slope' position take a deep inhale and begin to lower focussed on segmental control allowing the tailbone to be the last to meet the mat.

3X



## 3. Wind Release Pose Nose To Knee • Pawanmuktasana Nose To Knee

Bring knees to chest and hug them in, lifted shoulders off floor if possible.

Breath a few deep full breaths before lowering

1X

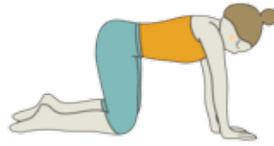


#### 4. Gentle Sit Up

Inhale to prepare.

Exhale lifting the head and shoulders off the mat while maintaining a space between the chin and chest, relaxing shoulders and keeping spine lengthened (flat) along the mat. Hold breathing a few long deep breaths.

3X



#### 5. Table Top Pose • Bharmanasana

Table top position.

Knees under hips, wrists under shoulders, tops of feet flat on mat.

Pull 'naval to spine' and beware to not collapse into the shoulders.

Hold for a few deep breath, before moving directly into the exercise below.

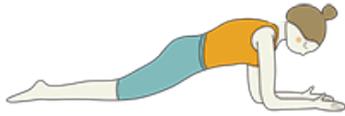


#### 6. Balancing Table Pose •

Dandayamana Bharmanasana

... From table top position you can play with lifting one leg at a time and one arm at a time. You can work up to alternating opposite arm opposite leg.

3X each limb



**7. Dolphin Plank Pose Variation  
Knees On Floor** • Catur Svanasana  
Phalakasana Variation Knees On  
Floor

Begin in this position with belly on  
ground (sphinx)

Inhale to prepare

Exhale and pull the naval towards  
spine and lift just the pelvis off the  
mat (You don't need lift as high as  
this picture) and hold for a few  
breaths before lowering.

3X



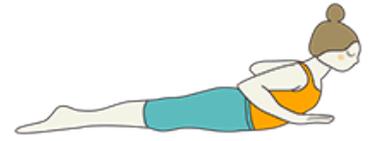
**8. Cobra Pose Variation Arms** •  
Bhujangasana Variation Arms

Start with hands under armpits  
rather than under elbows shown in  
this picture.

Inhale to gently lift up focussing  
on lengthening the spine as you  
lift rather than forcing into a back  
extension.

Keep gaze towards the mat to  
keep a neutral spine

3X



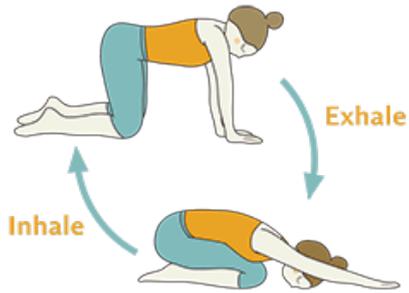
**9. Cobra Pose Hands Off Floor** •  
Bhujangasana Hands Off Floor

Start with hands under armpits.

Using hands at first and then  
playing with lifting hands off the  
floor, activating the back  
extensors  
rather than hands

Remember to Inhale on the lift and  
Exhale as you lower

3X



10. **Table Top Child Pose Flow** •

Bharmanasana Balasana Flow

Push up into Table Top position. wrists under shoulders, knees under hips, navel to spine, tops of feet pressed into mat.

Bring knees as wide as yoga mat.

Inhale, drop the belly, open the chest

Exhale navel to spine, head drops to mat

4X



11. **Cat Cow Pose Variation Wide Legged** •

Bitilasana Marjaryasana Variation Wide Legged

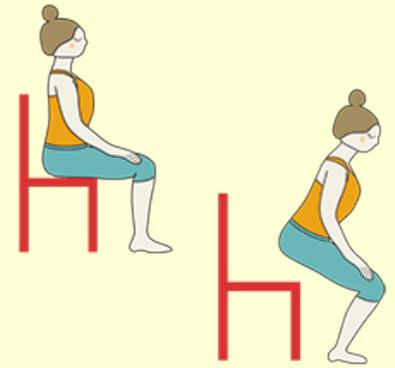
Push up into Table Top position. wrists under shoulders, knees under hips, navel to spine, tops of feet pressed into mat.

Bring knees as wide as yoga mat.

Inhale, drop the belly, open the chest

Exhale navel to spine, head drops to mat

4X



12. **Easy Pose Chair To Chair Pose Flow** •

Sukhasana Chair To Utkatasana Vinyasa

Full Chair Squat so complete the exercise by coming all the way to standing.

Begin from standing position.

On an Inhale, hinge at the hips, bend the knees to lower to chair.

Engage the abdominals through the exercise bring navel to spine and focus on lengthening the spine throughout movement.

On an exhale, press into the floor, engaging inner thighs as well as quads and gluts.

10X



13. **Wind Release Pose Nose To Knee** • Pawanmuktasana Nose To Knee

Come back to seated and slowly lower to back.

Bring knees to chest and hug them in, lifted shoulders off floor if possible.

Breathe a few deep full breaths before lowering

1X



14. **Wind Release Pose** • Pawanmuktasana

Release shoulders to floor and pull knees to chest breathing deep full breaths.

1X



15. **Half Wind Release Pose** • Ardha Pawan Muktasana

Begin with rested leg bent, ankle under knees first and work towards lengthening the resting leg as you progress.

Hug the knee to chest or just to the side of the chest and take a few deep full breaths, feeling the stretch in the hips and compressing the organs.



16. Half Wind Release Pose •

Ardha Pawan Muktasana

Repeat other leg



17. Reclined Big Toe Pose Straps  
One Leg Bent • Supta

Padangusthasana A Straps One Leg  
Bent

If you don't have. band, use a towel, or better, a piece of clothing with material that in slightly stretchy.

Take deep full breaths as you stretch hamstrings

Work on keeping tailbone pressed into the mat



18. Reclined Big Toe Pose Straps  
One Leg Bent • Supta

Padangusthasana A Straps One Leg  
Bent

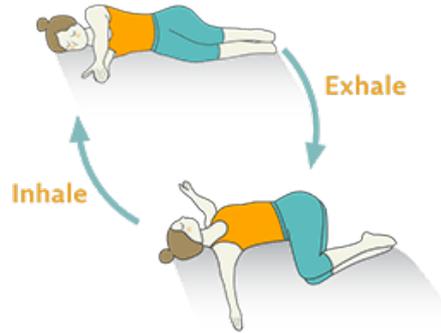
Repeat the leg



### 19. Wind Release Pose •

Pawanmuktasana

Hug knees to chest or just outside chest and breath a few full breaths



### 20. Side Reclined Shoulder Stretch A Supine Spinal Twist Pose li Flow

With control, lower knees to one side of the room.

Being arms out to sides and gaze to the opposite side of knees

Breath a few full deep breaths.

On an exhale, pull naval to spine and bring knees to centre.

On your next exhale, slowly lower knees to the other side and repeat.

1X each side



### 21. Child Pose Bolster • Balasana

Bolster

Use a blanket or cushion and relax in child's pose. Hopefully feeling some relief in your back. (: