

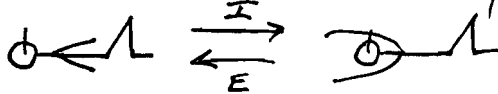
Backbending - Gentle

Kathy Ornish, 2006

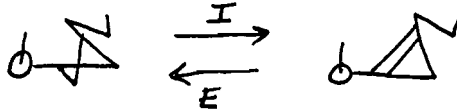
1. Deepen inhale and lengthen exhale. Feel the relation of the breath to the spine.



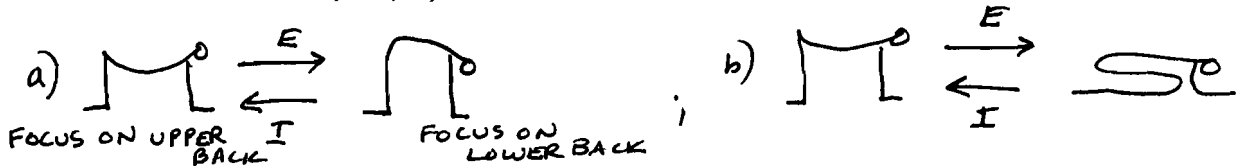
2. Inhale and raise arms. Feel the lengthening of the spine and the lift of the upper back.



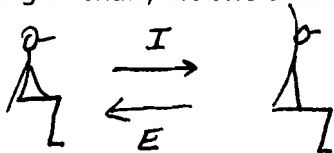
3. Exhale and pull legs to chest. Engage abdomen while exhaling and feel lower back stretch.



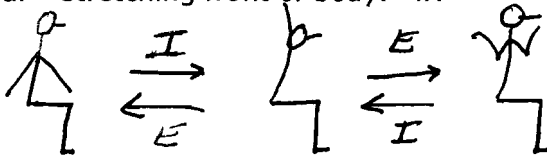
4. Cakravakasana - a) 4X; b) 4X



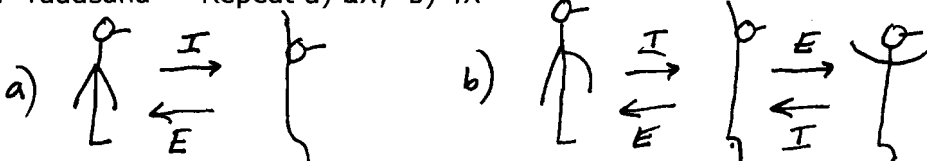
5. Sitting in chair, lift one arm feeling spine lengthen. Alternate arms. 4X each side.



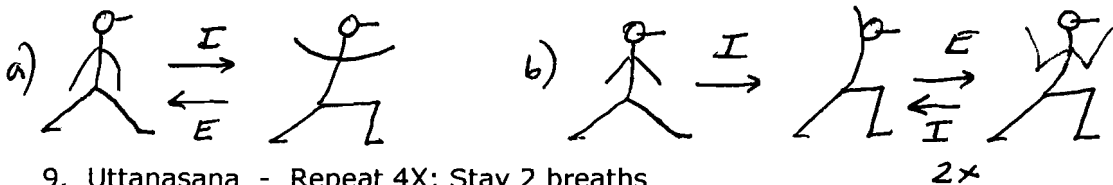
6. Sitting in chair, lift arms and pull gently back, lifting chest, engaging muscles of upper back, and stretching front of body. 4X



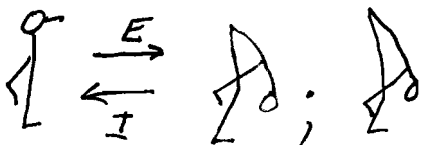
7. Tadasana - Repeat a) 2X; b) 4X



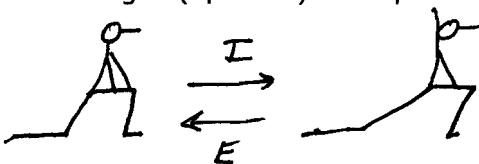
8. Virabhadrasana (optional) - Repeat a) 4X; b) Stay and repeat 2X. Repeat side 2



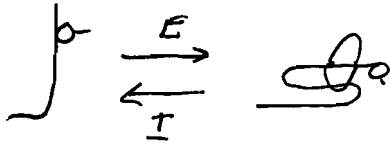
9. Uttanasana - Repeat 4X; Stay 2 breaths



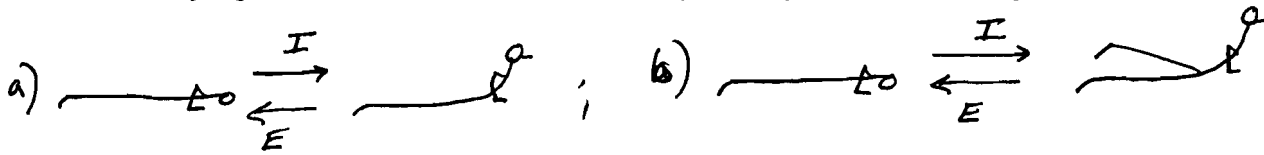
10. Lunges (optional) - Repeat 4x. Repeat side 2



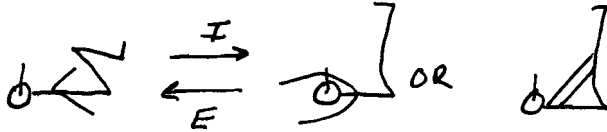
11. Vajrasana - Repeat 4 - 6X



12. Bhujangasana/Salabhasana - Repeat a) 2X; b) 4-6X alternating sides



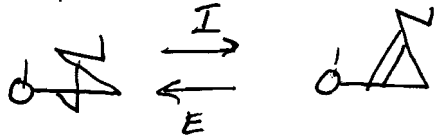
13. Urdhva Prasarita Padasana - Repeat 6X



14. Jathara Parivrtti - Repeat 3-4X each side. Stay 2 breaths if desired.



15. Apanasana



16. Savasana - 5 minutes



NOTE: Optional poses are there if you want a stronger and longer practice.