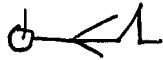


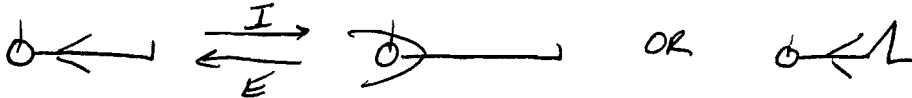
Backbending - Intermediate

Kathy Ornish, 2006

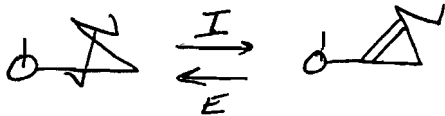
1. Deepen inhale and lengthen exhale. Feel the relation of the breath to the spine.



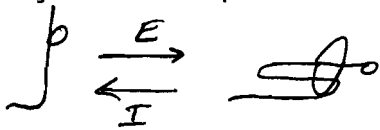
2. Inhale and raise arms. Feel the lengthening of the spine and the lift of the upper back.



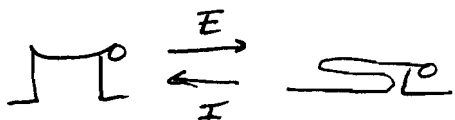
3. Exhale and pull legs to chest. Engage abdomen while exhaling and feel lower back stretch.



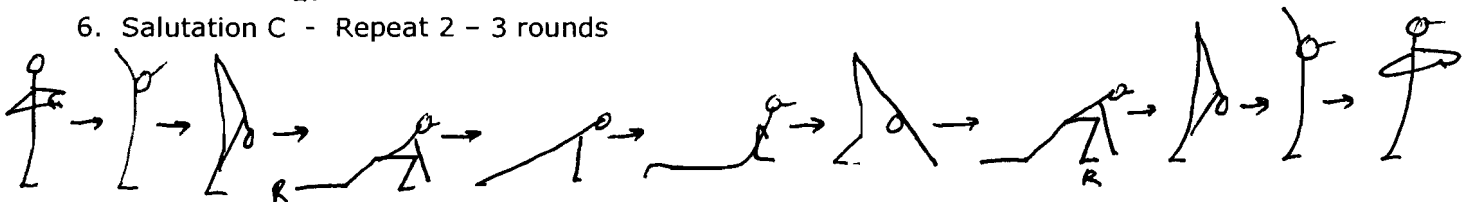
4. Vajrasana - Repeat 6X



5. Cakravakasana - Repeat 6X



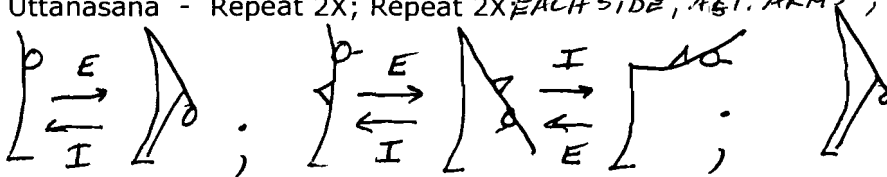
6. Salutation C - Repeat 2 - 3 rounds



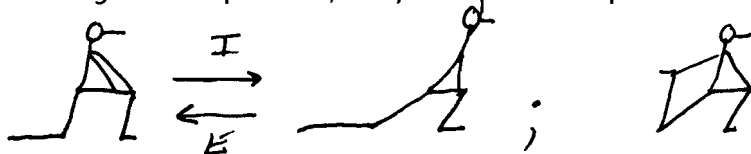
7. Virabhadrasana - Repeat 4X; Stay 2B Repeat side 2



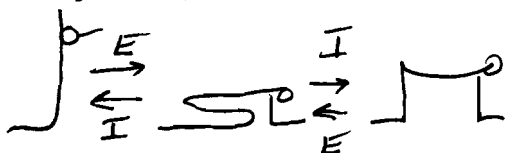
8. Uttanasana - Repeat 2X; Repeat 2X EACH SIDE, A&T. ARMS; STAY 4B



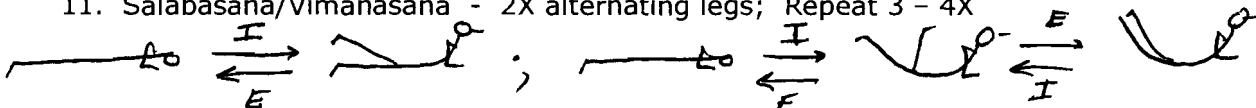
9. Lunges - Repeat 4X; Stay 2 breaths. Repeat side 2



10. Vajrasana / Cakravakasana - 3-4X



11. Salabasana/Vimanasana - 2X alternating legs; Repeat 3 - 4X



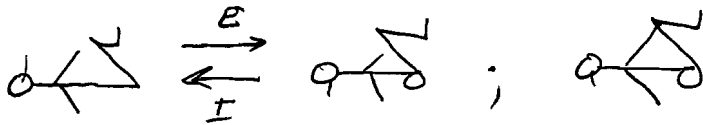
12. Dhanurasana - Repeat 2-3X and stay 1 and 2 breaths respectively



13. Urdhva Prasarita Padasana - Repeat 4X; Repeat 2X and stay 1, 2 breaths



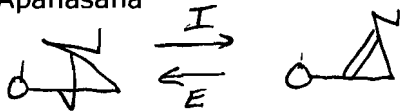
14. Jathara Parivrtti - Repeat 2X; Repeat 2X and stay 2, 3 breaths



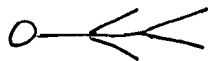
15. Pascimatanasana - Repeat 4X; Stay 4-6 breaths



16. Apanasana



21. Savasana



22. Sitali Pranayama - inhale through curled tongue and exhale alternate nostril.
Exhale is longer than inhale

23. Lake of Mind Meditation

Calm, glassy body of water

White moon at back of head

Light shining on calm water and reflecting off its surface and exiting the eyebrow center