

## Gentle Practice for the Low-Back

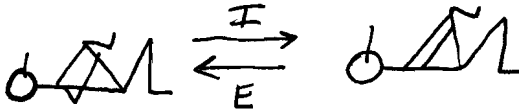
Kathy Ornish, 2007

Gently engage abdomen and pelvic floor on exhale during this practice. Please remember that more is NOT better. Please be gentle and work with your capacity that day.

1. Lying rest with abdominal breathing

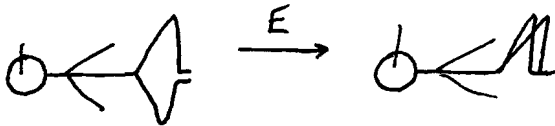


2. Eka Pada Apanasana - Repeat 4-6X each leg



3. Supta Baddha Konasana - Engage pelvic floor, abdomen, and buttocks gently and keep these held during the exhale movement

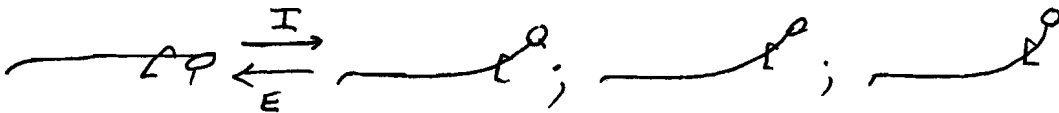
- a) Bring knees together during a slow exhale. Repeat 2X
- b) Bring knees to half way during 1 exhale, pause to inhale, finish the other half with another exhale. Repeat 2X
- b) Bring knees together slowly over about 30 seconds letting breath be slow, but free. Repeat 2X



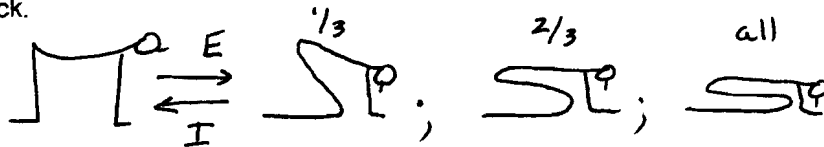
4. Chakravakasana modified - Repeat 4-6X



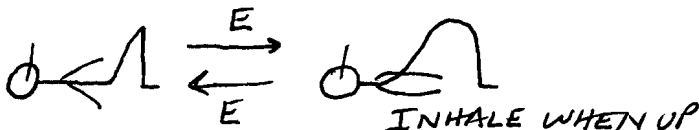
5. Bhujangasana - Repeat pose 6-9X. On the first 2-3 reps, rise a small amount; the next 2-3 rise a little higher; and the next 2-3 rise a little higher again. With each set you are rising progressively higher.



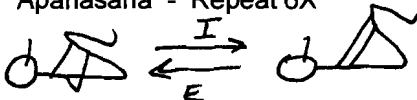
6. Chakravakasana - Repeat 2-3X going back 1/3; Repeat 2-3X going back 2/3; Repeat 2-3X all way back.



7. Dvi Pada Pitham - Repeat 4X moving up & down vertebrae by vertebrae. *MOVE ON EXHALE UP AND DOWN*



8. Apanasana - Repeat 6X



9. Rest and belly breathe

