

RELEASE LOWER BACK PAIN

YOGA SEQUENCE



YIN YOGA PRACTICE

*HOLD EACH POSE FOR 2 MINUTES

*****Please go to www.self-elevation.com in the YOGA section to check the step by step guidance for each of the poses below and most importantly to check the contraindications. You should not attempt any of the poses unless you have carefully read the instructions and contraindications.***

Always remember to listen to your body and not force yourself into any of the poses. Accept and surrender where your body is at in that moment, without resisting or pushing further. Embrace your body and let it take its time to evolve into the poses. Be patient with yourself and kind with your physical self. Yoga is a journey we take towards self-discovery so connect with your body, breathe deeply, observe how you feel as you go in each of the poses and most importantly stay present in the moment.

Breathing tip: Inhale and count to 5, exhale and count to 7. Keep your breath consistent throughout your entire practice.

***Namaste
Miriam***

1. BALASANA – CHILD’S POSE ([see full instructions](#)) (variation with arms extended)



Kneel down and have your hands to your feet. If you want to try the extra stretch variation, bring your hands together at your lower back and as you inhale lift them up and towards the front of your mat.

2. UTTANA SHISHOSANA – EXTENDED PUPPY POSE ([see full instructions](#))



Start on all fours, inhale in the center, exhale and walk hands forward extending the arms bring chest towards the mat. Keep chin to the mat, arms straight and extended forward and legs bent and parallel to one another.

3. ADHO MUKHA SVANASANA – DOWNWARD FACING DOG (see full instructions)



Start in Uttanasana. Inhale and take your right leg back into a lunge and then your left; bring both soles of the feet on the mat, with the legs completely extended and push your bottom up. Keep your fingers open and palms firm on the mat; your spine should be in alignment to the pose and shoulders away from the ears.

4. UTTANASANA – FORWARD BEND ([see full instructions](#))



Start in Tadasana, inhale and bring the arms up, exhale into Uttanasana; with every inhale elongate the spine more and exhale bringing your head lower; keep the abdomen engaged.

5. ANANDA BALASANA – HAPPY BABY POSE (see full instructions)



Start in lying down position with your knees bent and the sole of your feet on the mat. Inhale and bring your knees towards your chest, exhale and place your hands on top of the soles of your feet. Inhale slowly and with every exhale and slowly push your knees down even further on either side of your chest.

6. SUPPORTED SETHU BANDHA SARVANGASANA –SUPPORTED BRIDGE POSE



Start in lying down position, with your knees together and bent and the soles of your feet on the mat, positioned next to your buttocks. Inhale and bring you pelvic area up and place a block under your sitting bone.

7. FINGERS TO FEET UPWARD BEND ([see full instructions](#))



Start in lying down position; inhale and raise your legs, exhale bring your first two fingers and your thumbs to your toes, bringing your head towards your knees.

8. ARDHA PURVOTTANASANA – REVERSE TABLE TOP POSE



Start in seated position. Inhale and open your chest by bringing your shoulder blades together; exhale and lift your pelvic area up. Engage the abdomen and have your feet firm on the mat with knees parallel to one another.

9. HALASANA – PLOW POSE



Start in lying down position. Inhale and go into shoulder stand, exhale and bring your legs above your head, legs extended and parallel. Bring your toes all the way down to the floor and then bring your hands to your feet.

*End your practice by lying down in shavasana for 10 minutes, with your whole body resting peacefully on the mat, on your back, palms facing the ceiling. Relax your body and focus on your breath.

****If you have any of the conditions mentioned in the contraindications, please check with your medical practitioner before doing that pose or the complete sequence.***

** Disclaimer: This program is to be used by following the step by step guidance from self-elevation.com including the contraindications. Self-elevation.com takes no responsibility for how the practice is carried out by each of the persons who attempt it; Ultimately, it is the person's responsibility to keep themselves safe during the practice taking in consideration the contraindications which should be discussed with a medical practitioner and follow the guidance for each of the poses. This sequence should be practiced in a safe and spacious, well aired/ ventilated environment.*

Additional contraindications:

Adho Mukha Svanasana – Pregnancy and high blood pressure

Ananda Balasana – Pregnancy and knee injury

Supported Sethu Bandha Sarvangasana – Back injury and knee injury

Ardha Purvhotthanasana – wrist injury

Halasana – Menstruation, neck injury and high blood pressure.