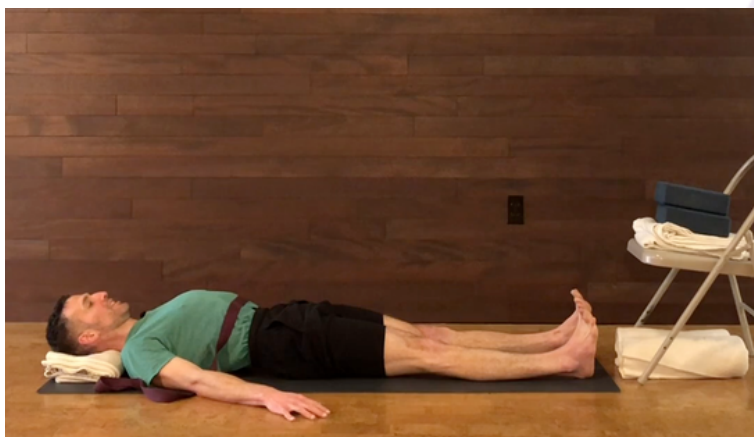


Week 1 of the Healthy Back Yoga series focuses lengthening the spine and making space. Use this handout as a reference for your home practice after learning how to perform the poses in the Week 1 video.

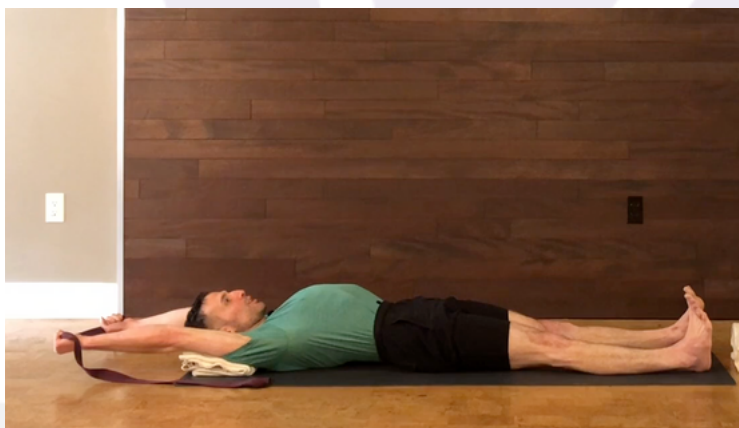
\*make sure to modify this sequence to your abilities for a pain-free practice\*



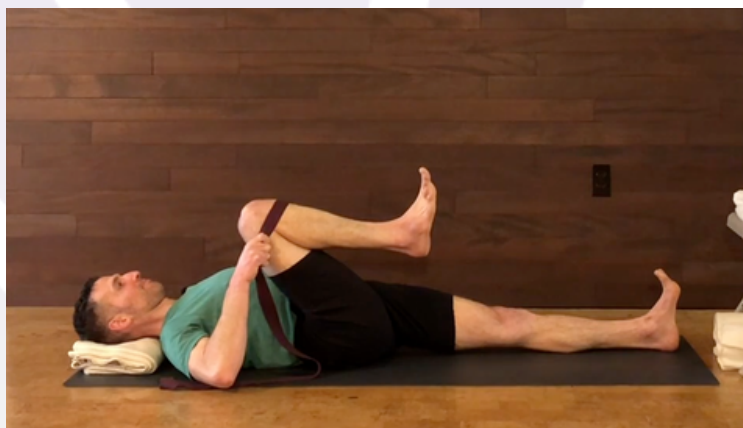
**Supine Mountain Pose**



**Mountain Pose Arms Extended (modified)**



**Mountain Pose Arms Extended**



**Restorative 2 Knee Twist**



**Supine Wind Releasing Pose**



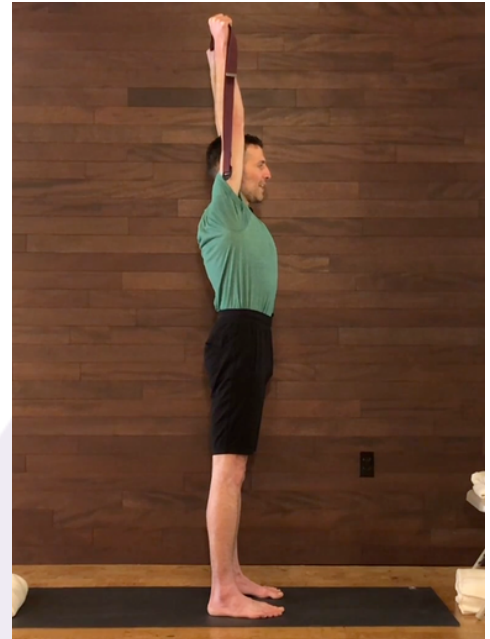
**Single Leg Toe Drops/Single Leg Raises**



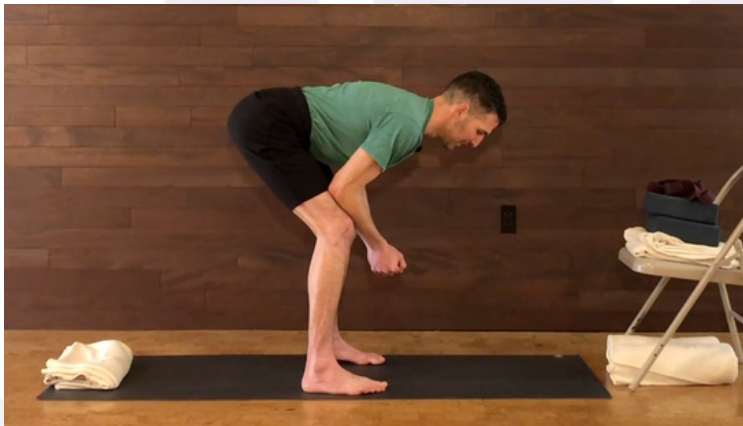
**Mountain Pose**



**Upward Arms & Squeezing Block**



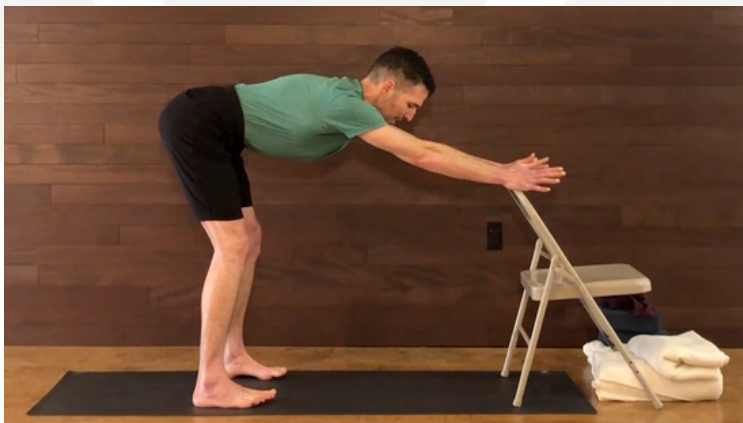
**Upward Arms Holding Strap**



**Skier's Tuck (Hip Hinge Fold)**



**Skier's Tuck (Shoulders On Back)**



**Spinal Stretch (Knees Bent)**



**Spinal Stretch (Half Forward Bend)**





**Lunge Against Wall**



**Chest Stretch at Wall**



**Downward Dog on Chair**



**Reclined Butterfly Pose (Supported)**



**Savasana (Both Legs Supported)**