

Week 2 of the Healthy Back Yoga series focuses on the curves of the spine with movement and stability. Use this handout as a reference for your home practice after learning how to perform the poses in the Week 2 video.

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



Supine Mini Bridge Poes (Relaxation)



Bent Knees Arms Extended Overhead



Supine Child's Pose



Core Engaged Squeezing Block



Cat/Cow Pose (Rounded)



Cat/Cow Pose (Extended)



Child's Pose (Hands on Blocks/Props)



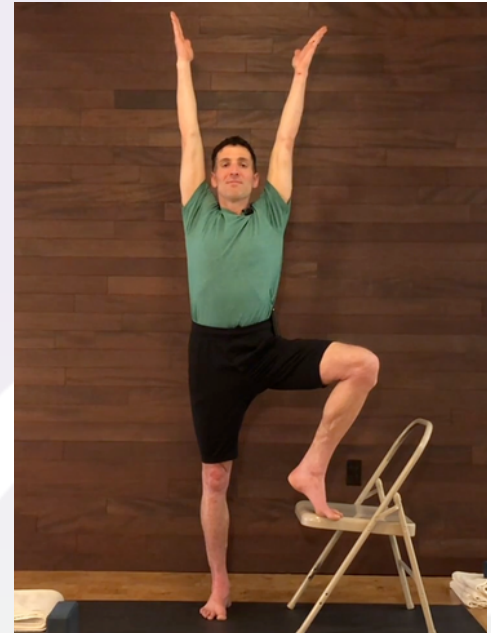
Child's Pose (Trunk Extended)



Mountain Pose (Arms Wide)



Upward Arms Squeezing Block



Tree Pose (On Chair)



Child's Pose on Chair (Modified)



Child's Pose on Chair



Wide Leg Forward Bend (Prep)



Wide Leg Forward Bend (Stage 1)



Wide Leg Forward Bend (Stage 2)



Wide Leg Forward Bend (On Chair)



Restorative Fish Pose on Bolster (or Towels)



Savasana with Spine Supported