

Week 3 of the Healthy Back Yoga series will focus on the hips, the pelvis and lower back. Use this handout as a reference for your home practice after learning how to perform the poses in the Week 3 video.

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



**Wind Release Pose (Optional Groin Stretch)**



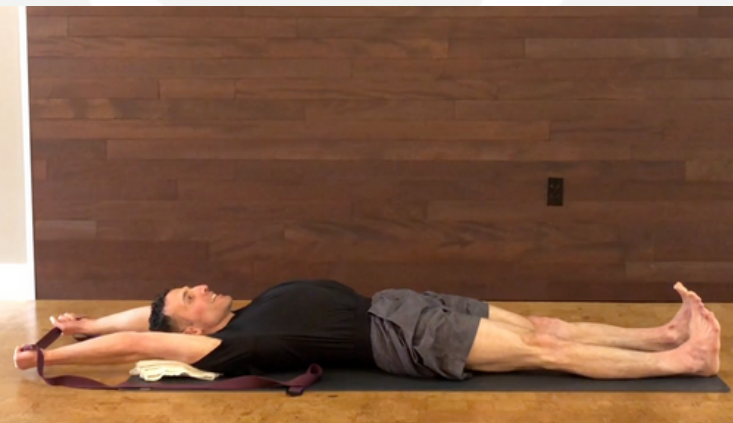
**Single Leg Drops (Core Engaged)**



**Single Leg Wind Release Pose**



**Leg Stretch with Strap (Prep)**



**Mountain Poses with Extended Arms with Strap**



**Leg Stretch with Strap**



**Figure Four Hip Stretch (Prep)**



**Figure Four Hip Stretch (Relaxed)**



**Figure Four Hip Stretch (Optional)**



**Leg Stretch with Strap (Groin Opener)**



**Mountain Poes with Extended Arms with Strap**



**Squat on Chair (Chair Optional)**



**Squat (Elbows on Knees)**



**Kneeling (Active Thigh Stretches)**



**Low Lunge (Pushing Chair Down)**



**Low Lunge**



**Spinal Stretch**



**Restorative Butterfly Pose (Legs Elevated)**



**Reclined Easy Pose (Cross Legged)**



**Relaxation Pose (Legs on Two Chairs)**