

Week 5 of the Healthy Back Yoga series investigates activating and releasing the muscles of the body as well as the fascia or connective tissues. Use this practice after learning how to perform the poses in the Week 5 video.

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



Supine Mini Bridge (Relaxation)



Bridge Pose Lifts with Arms Overhead



Bridge Pose Flow (Slow Controlled Movement)



Warrior One on the Back



Bridge Pose Walk Outs (Hamstring/Glute)



Bridge Pose Walk Outs (Hamstring/Glute)



Leg Stretch (Across Body/Outer Leg)



Upward Facing Foot Pose (Modified)



Upward Facing Foot Pose (Abdominals)



Bridge Poes on Chair/Hamstring Curl



Alternate Leg/Arm Raises (Back Body)



Locust Pose Prep (Back Body Engaged)



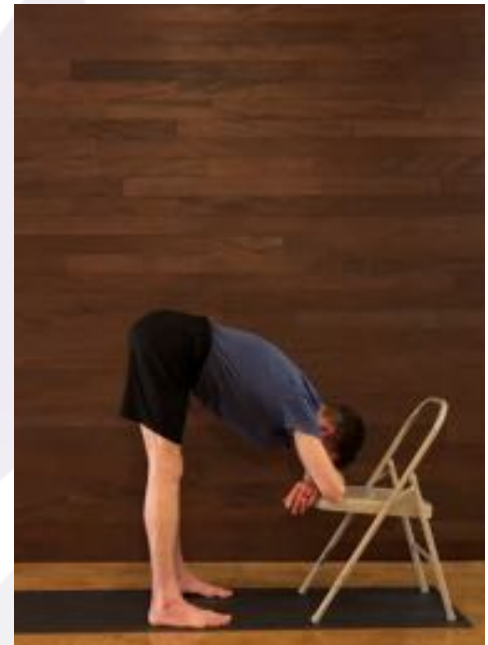
Locust Pose



Leg Raise from Chair



Warrior One on Chair



Forward Bend On Chair



Runners Lunge with Chair



Low Lunge with Chair



Back Extension Over Bolsters (Prep)



Back Extension Over Bolsters



Back Extension Alternative



Savasana (Both Legs Supported)