

Week 6 of the Healthy Back Yoga series focuses on developing core strength and practicing asymmetrical poses that challenge our balance. Use this practice after learning how to perform the poses in the Week 6 video.

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



**Bent Knee Mountain Pose**



**Single Leg Lifts/Toe Drops**



**Active Single Leg Wind Releasing Pose**



**Modified Dead Bug**



**Cannonball (Core Engaged)**



**Single Leg Extensions**



**Supine Mountain Pose**



**Clamshells (Glute Engaged)**



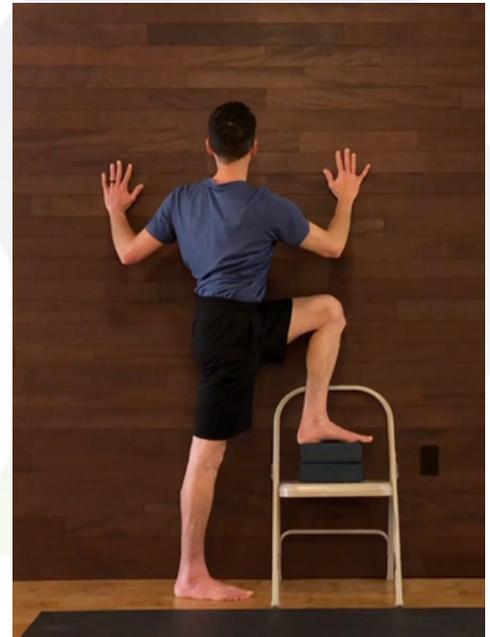
**Side Lying Leg Extensions (Glute Engaged)**



**Tree Pose on Chair**



**Tree Pose at Wall**



**Standing Twist at Wall**



**Modified Head to Knee Pose**



**Child's Pose on Chair**



**Seated Twist**



**Figure Four Hip Stretch on Chair**



**Hamstring Stretch on Chair (Hip Hinge)**



**Straight Leg Bridge Pose Variation**



**Savasana Relaxation Pose (Both Legs Supported)**



**Savasana (Relaxation Pose Alternative)**