



Back Yoga Class

One Hour Class - 2016

Yoga Postures

1	Good Morning Stretch (The whole back)	20	Half Roll Back (Pillow)
2	Neck Stretches (Cervical)	21	Scoop Rhomboids (Rhomboides)
3	Shoulder Shrug (Trapezius, Levator Scapulae, Scapula, Erector Spinae) Thoracic)	22	Half Curl (Core)
4	Arms Over Head (Thoracic – Latissimus Dorsi and Oblique's) • Side Bending Circular Motion	23	Seated Side Bend
5	Cow – Arms only (Thoracic)	24	Matsyasana Variation/Camel/Bridge/Wheel
6	Parsvottanasana Pectoral Stretch (Thoracic) • Leg forward half a leg length , arms behind and lift and bend torso forward	25	Dandasana - Backlift
7	Arms Up, Out, Over and Down – Deltoids and Trapezius)	26	Downward Facing Dog
8	Hand Walkout (Thoracic)	27	Plank (Core) (Rectus Abdominis and Erector Spine)
9	Standing Back Roll (Rhomboides, Latissimus Dorsi, Erector Spine)	28	Side Plank (Core)
10	Tree (Core)	29	Incline Plane (Core)
11	Sun Salutations	30	Knees to Chest back massage
12	Dynamic and Standing Static Torso Rotations (Partners)	31	Pelvic Placement
13	Back stretch (Partners)	32	Spinal Rotation
14	Sphinx and Sphinx Roll Up	33	Lumbar Rotation with Leg Crossed
15	Cat and Cow (Lumbar Spine) • Knee to forehead	34	Side Tree (Lumbar Spine)

	<ul style="list-style-type: none"> • Leg back into the air 		
16	Pointer Dog (Core) Extension lift knee of the ground	35	Hug Knees into Chest (Erector Spine)
17	Child's Pose	36	Back Rolls
18	Swimming (Lumbar Spine)	37	Long Stretch (Rectus Abdominis and Latissimus Dorsi)
19	Locust (Lumbar Spine)	38	Relaxation Exercise