



# Back Yoga Class

One Hour Class

## Yoga Postures

1	Good Morning Stretch (The whole back)	20	Half Roll Back (Pillow)
2	Neck Stretches (Cervical)	21	Scoop Rhomboids (Rhomboides) Sit on floor, legs slightly bent, heels on floor, grasp your hamstrings with your hands, chin tucked in, round your upper back down as you lean back towards the floor - 5 breaths
3	Shoulder Shrug (Trapezius, Levator Scapulae, Scapula, Erector Spinae) Thoracic)	22	Half Curl (Core)
4	Arms Over Head (Thoracic - Latissimus Dorsi and Obliques) <ul style="list-style-type: none"> <li>Side Bending</li> <li>Circular Motion</li> </ul>	23	Seated Side Bend (Legs apart and one leg bent so the sole of the foot is sitting near the pelvic area. Straight leg hand rest on straight leg. Bent leg hand is brought over the head.
5	Cow - Arms only (Thoracic)	24	Matsyasana (Block) (Variation/Camel/Bridge/Wheel)
6	Parsvottanasana Pectoral Stretch (Thoracic) <ul style="list-style-type: none"> <li>Leg forward half a leg length , arms behind and lift and bend torso forward</li> </ul>	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) (90 sec - Very Good)
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	Chest Stretch - Seated	31	Pelvic Placement
13	Back stretch - feet hip distance apart knees bent - holding each other's hands, sit down and back. (Partners)	32	Spinal Rotation (Block)
14	Sphinx and Sphinx Roll Up	33	Lumbar Rotation with Leg Crossed Lying on back, arms shoulder height and extended, lift leg and place foot on the outside of the knee of the straight leg.
15	Cat and Cow (Lumbar Spine) • Knee to forehead • Leg back into the air	34	Side Tree (Lumbar Spine) Lie on side, arm supporting your head, lift top leg and place foot in front of the straight leg knee
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

## Finish

- Lie on your back - push neck, shoulders, upper back, middle back, lower back into the mat.
- Breath in - My Back is Healthy
- Breath out - My Back is Flexible
- Breath in - My Back is Relaxed