

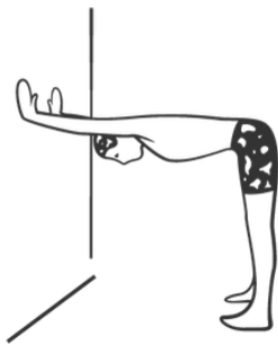
Lower back sequence to relax, strengthen and extend

A great sequence for anyone from general level up looking to open up the lower back region. Pixie starts off students with Half-Uttanasana to the wall with a block between the thighs, dogpose on the blocks with heels up the walls and then with feet flat on the blocks. Dogpose with hands to the wall and block between the thighs leads you into some diagonal standing poses including Trikonasana, Virabhadrasana 2, Parsva Konasana then Parivrtta Trikonasana and Parsvottanasana with chair support.

Continuing with the block between the thighs, we move to some opening chair twists and some twists to the wall. You lie over a bolster to provide some release before moving into Salamba Sirsasana with some variations using a block between the legs.

We then move to the floor and use the belt to extend the legs up and out to the side. Supported Halasana with a bolster on the chair brings begins to wind the sequence down followed by supported Savasana.

Sequence steps



Half Uttanasana

Half Forward Bend

Stand in front of a wall. Keeping your back and legs straight, tip from your pelvis until your chest is parallel to the ground. Push your hands into the wall and stretch your hips backwards.



Adho Mukha Svanasana

Downward-Facing Dog Pose

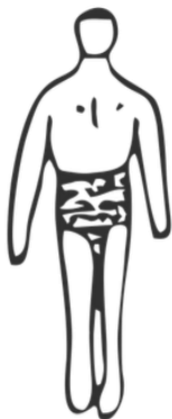
Press evenly into your hands and feet. The main aim is to elongate the back of your body and lift your hips up as high off the ground as possible without losing the stable foundation created by your hands and feet. If you lack the hamstring flexibility, bend your knees a little.



Virasana Forward

Downward-Facing Hero Pose

Join your feet together under your buttocks and keep your knees far enough apart for your ribs to fit in between your legs as you fold forward. You can rest your head on the floor or on a block.



Tadasana

Mountain Pose

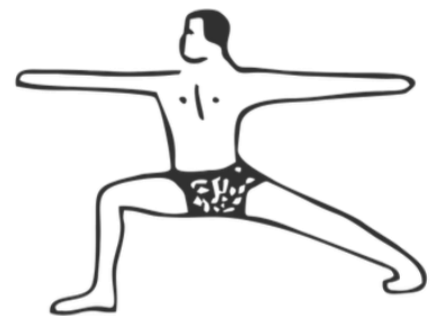
Stand up tall and straight, place your feet close together, with your heels and big toes touching. Imagine as if you are standing with your back against the wall. Extend your whole body from the heels up through the crown of your head.



Utthita Trikonasana

Extended Triangle Pose

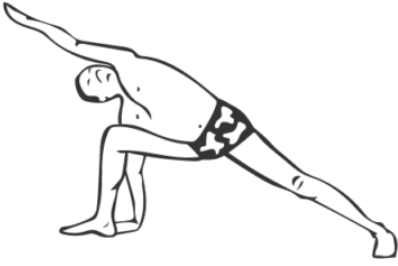
Keep the toes and kneecap of your left leg pointed forward and, keeping your spine straight and long, stretch over your leg. Place your left hand on your ankle or on a block next to your foot. Look up towards your extended right arm.



Virabhadrasana II

Warrior II Pose

Angle your back foot in and straighten out the leg. Bend your front knee into a lunge, pointing it forward so that it's aligned with your hips, shin, and toes. Stretch your arms out in a parallel line. Lengthen through the crown of your head.



Utthita Parsvakonasana
Extended Side Angle Pose

Bend your front leg and place your hand by your foot as you stretch your other arm up and over your head. Pull your waist away from the floor, keep your back straight. Place a block under your hand if necessary.



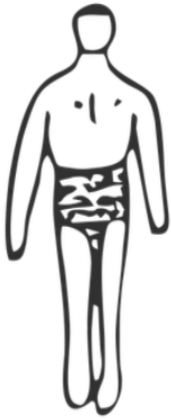
Parivritta Trikonasana
Revolved Triangle Pose

Keep yourself rooted through your toe mounds as you twist and balance. Make sure your spine is straight and elongated, use blocks if necessary.



Parsvottanasana
Pyramid Pose

Place your feet one leg-length apart, your back foot angled out slightly. Keep your legs straight as you start to fold over your front leg, maintaining a concave spine for as far into the bend as possible.



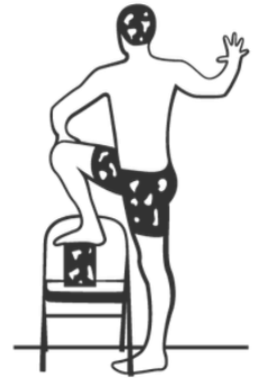
Tadasana
Mountain Pose

Stand up tall and straight, place your feet close together, with your heels and big toes touching. Imagine as if you are standing with your back against the wall. Extend your whole body from the heels up through the crown of your head.



Seated Chair Twist

Sit on a chair and use the back and/or seat as leverage to help you twist your spine and chest. Repeat on both sides.



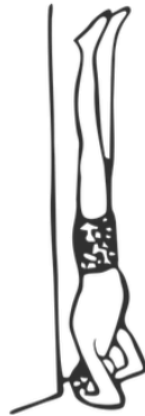
Utthita Marichyasana
Extended Sage Marichi Pose

Place your feet parallel to the wall. Lift the leg closest to the wall up and place your foot on a chair. Twist your chest towards the wall and use your hand as leverage to go deeper into the twist.



Virasana Forward
Downward-Facing Hero Pose

Join your feet together under your buttocks and keep your knees far enough apart for your ribs to fit in between your legs as you fold forward. You can rest your head on the floor or on a block.



Salamba Sirsasana I
Headstand 1

Activate your shoulders and upper back muscles as you lift your body up into inverted balance. Use the wall for support if necessary.



Parsva Sirsasana
Side Headstand

As you hold your balance in Sirsasana, tilt your feet to the side. Use your core to twist to capacity.



Virasana Forward

Downward-Facing Hero Pose

Join your feet together under your buttocks and keep your knees far enough apart for your ribs to fit in between your legs as you fold forward. You can rest your head on the floor or on a block.



Supta Padangusthasana I

Reclining Hand-to-Big-Toe Pose

Press your back body into the floor, point the kneecap and toes of your supine leg toward the ceiling, as you extend the other leg up over your hip. Use a belt if needed.



Supta Padangusthasana II

Reclining Hand-to-Big-Toe Pose

Lie down on your back. Point kneecap and toes on your left leg upward, as you stretch your right leg out to the side. Use a belt if necessary. Change sides.



Vajrasana

Diamond Pose

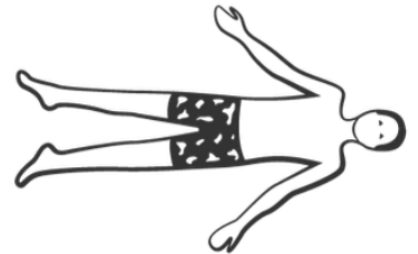
Sit in a kneeling position with the feet together right beneath the buttocks.



Halasana

Plough Pose

Use support under your shoulders. Keeping your shoulders open, lift your hips up high above your head, dropping your feet down behind you. Place your hands on your back to help keep it from rounding.



Savasana

Corpse Pose

Lie down on the floor. Spread your arms and legs slightly at your side. Relax and concentrate on your breath.