



# YOGA FOR ALL SEASONS

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YOGA AND MASSAGE THERAPY FOR ENHANCED HEALTH AND WELLNESS

## Home Routines for the Lumbar Spine

### Hamstring stretch

Lying on your back, bend both knees, putting your feet on the ground. Reach your right foot towards the ceiling and put a strap (can be a tie) around your foot.

Step 1. Gently pull the right leg close. Hold for 3-4 breaths.

Step 2. Make small circles with the right leg to one side, then the other, holding on with your strap.

Step 3. Push into the strap with your right leg, resisting with your arms, so you have a tug-of-war between the arms and the legs. Stay for 3-4 breaths, pushing with about 30% of your strength. As you release the muscles in your right leg, gently pull it closer with the strap. Repeat other leg.

### Strengthening Transverse Abdominus for Postural Support

Step 1. Still lying on your back, lift both legs, so your feet (as much as possible) are pointing to the ceiling.

Step 2. Bend your right leg and touch the right foot to the floor. Then bring the leg back up towards the ceiling. Repeat other side, going back and forth 8-10 times.

Step 3. Again, starting from a position with both of your legs towards the ceiling, bring your right to the floor, this time keeping it straight, and then lift it back up. Repeat other side, going back and forth 8-10 times.

Step 4. Move both legs 3-4 inches towards the floor, just enough to engage the lower abs, then back up towards the ceiling. Continue moving slowly back and forth, lowering the legs slightly and then raising them back up again. Repeat 8-10 times.

Step 5. Bring your arms up towards the ceiling, so they are parallel with your legs. Move the legs and arms away from each other towards the floor. Don't go very far, just enough to engage the abdominals. Hold for 20-30 seconds breathing into your belly, then bring the legs back towards the ceiling.

### Bridge Pose

Step 1. Lying on your back, inhale the buttocks off the floor and lower back down.

Continue in tune with your breath, raising the pelvis off the floor just as far as is comfortable.

Step 2. After 4-5 rounds, add the arms, inhaling the arms overhead and lower back down.

Step 3. After 6-8 breaths, hold and come into full bridge. Clasp your hands on the floor and walk your shoulders under, so that most of your weight is on your shoulders. Keep

your chin tucked, feet about hip-width apart, knees pointing forward, not to the side. Put weight on the inside of your feet and feel the inner thighs engage. Hold for 30-60 sec, then release and notice the sensations.

**Supine Twist**

Lying on your back with your knees to your chest, allow both knees to fall out to the right side. Bring your arms into a T-position and look over your left shoulder. Lie for 30-60 sec., then repeat on other side.