

Back Stretch

Level 2 / Posture 22

Hold 6 breaths
Release Return to seated position.
Repeat 3 - 5 times
Holding farther down legs each time

You Will Feel It In Your lower back & hamstrings



Breathe in,
Pause



Breathe out



Breathe out
Relax



Still breathing out, then hold for 6 breaths

Repeat: holding on farther and farther down legs



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This is a good, all purpose stretch. It strengthens and loosens the lower back, loosens the hamstrings and the shoulders. We use it a lot in Serenity Yoga to notice how breathing affects the stretch, to pace our breathing and to enjoy meditation in motion. All of these will help you discover the mind-body connection that yoga promises.



Common Errors

- Allowing feet to roll to the side.
- Hunching shoulders and upper back forward
- Not opening elbows
- Not gripping with hands.
- Bobbing up & down as you breathe in & out.
- Starting too far down the legs for the first hold. (Starting at the extreme position.)
- Reaching too far in the last repetition to allow the upper body and arms to be loose. Only go as far as you can with shoulders relaxed and elbows loose and open.

Alternative Starting Position



Time to Do: 3 - 6 minutes

Body Parts Used by This Posture: Lower Back, Hamstrings, Abdominals & Shoulders (a little)

Warms You Up for: Spider, Shoulder Stand, Dog

Builds you up for: Leg Stretch, Leg Over, Leg Clasp, Chest Expansion, Chest Expansion Extension, Shoulder Stand, Spider, Dog, Sun Salutation

Combines Well with: Incline Plane

Energy Center Used: Solar Plexus & (somewhat) Belly & Heart

Alternative Pose: If your belly gets in the way of doing the Back Stretch, try doing the Leg Stretch.