

## Back Bend 2

## Level 2 / Posture 44

### Benefits:

Strengthens quadriceps, stretches back, strengthens & loosens shoulders & wrists.

**Time to Do:** 3 minutes

### Body Parts Used by This Posture:

Quadriceps (thighs), shoulders, arms wrists, lower back

**Warms You Up for:** Balance Posture 2, 3, Dancer's Posture, Pelvic Lift, Back Push Up, Warrior, Lunge, Bow, Half Bow

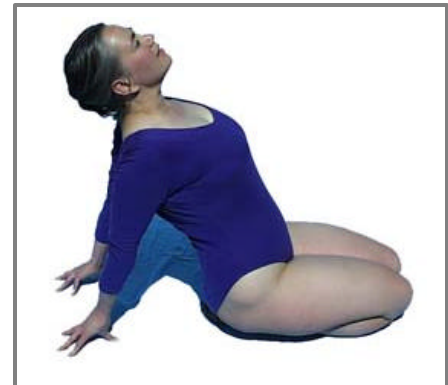
**Warm Up with:** Dancer's Posture, Pelvic Lift, Balance Posture 1, Bust Expansion

**Builds you up for:** Postures requiring strength in the thighs (quads) or arms: Back Bend 2, 3; Balance Posture 2, 3; Bow; Half Bow; Back Push Up, Warrior; Lunge; Dancer's Posture; Pelvic Lift; Chest Expansion, Chest Expansion Extension, Bust Expansion

**Combines Well with:** Child Pose

**Try Learning First:** Pelvic Lift, Bust Expansion, Back Bend 1

**Energy Center Used:** Belly, Solar Plexus, Chest



People either love this pose or avoid it completely! It's a great quad stretch. It loosens up your thighs beautifully for tougher poses like Balance Posture 3, Bow, Half Bow, and, eventually leads you to those quintessential yoga poses, the Back Push Up & the Warrior! So, I would encourage you to experiment with this pose, find ways to make it work for you. There are tips in these pages to help you do that. If you just can't come to terms with it, try the simpler moves of Back Bend 1, the benefits are almost as great.

**Difference from Back Bend 1** Back Bend 2 includes leaning back all the way & resting arms on the floor.

### Yoga Snack

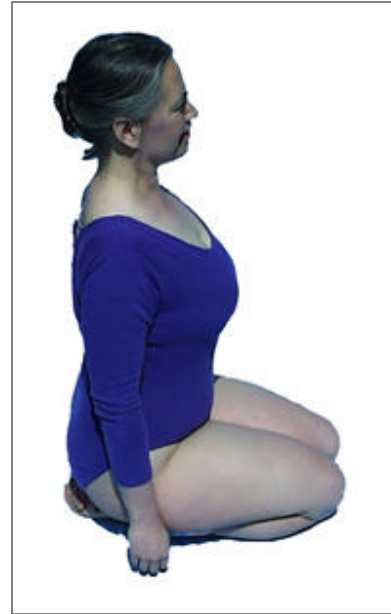
Try watching TV like this! OR next time you're at a gathering and are seated on the floor, this stretch makes a nice break for your back and legs.

**Once you've mastered this pose,** you might like to move on to Back Bend 3!

**Basics**

**Start**

Sitting on your knees  
legs together  
body upright  
arms by your sides  
Back of your head, shoulder blades and hips lined up  
with each other.



**Then**

Lean Back  
Until you feel a good stretch  
in your thighs & you can  
feel your abdominals  
working.  
Rest your upper body on  
your finger tips

**Hold 2 – 6 breaths**

**Release** by returning upright  
Feel your body relaxing.

**Do 3 times**

**Breathing**



Breathe in  
Breathe out letting  
weight  
settle  
down to  
knees.



Breathe in  
Breathe out  
leaning  
back.  
**Hold 2 – 6  
breaths**

**Release**

Breathe in , returning upright  
Breathe out, feeling body relaxing & allowing  
weight to settle down into legs

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**Details**

**Start**

Sitting on your knees  
You are essentially in the sitting version of **Mountain Pose**.

Body is straight.

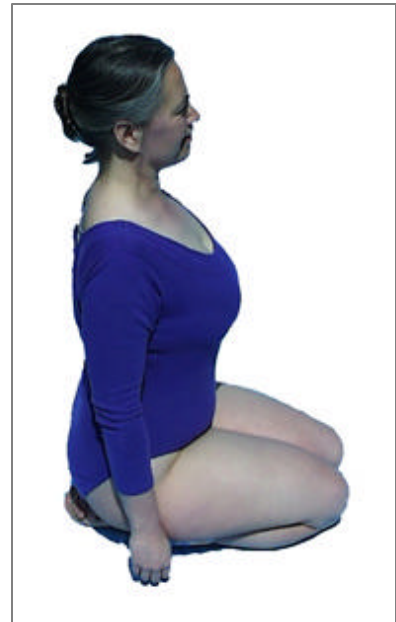
**Elongate your spine**, (make your back feel a little longer / taller, but not so much that it feels like work).



**Then**

Lean Back  
Rest your upper body on your finger tips

**Tip** Your spine is still elongated here.



**Hold 2 – 6** breaths

**Do 3 times**

**Release** by returning upright  
Feel your body relaxing.

**Discovery** Try leaning back into this pose – now slouch. See how that changes the stretch? Some people find they loose some of the stretch in the thighs and they strain the shoulders more when they slouch. Certainly, you are less flexible when you loose the elongation in your spine.

**Common Errors**



Dropping the head.  
Keep the head & neck in line with your back  
& keep your back straight

Slouching



### Modifications

Can't get comfortable? Can't get your hands to the floor?

Try putting a cushion behind you, until you become more flexible in your thighs.

You might also like to try putting a cushion between your hips and your legs. See if that supports your weight better.



**When you have mastered this pose, if it no longer challenges you, you might like to try resting your weight on flat palms, instead of on your fingertips. This will give you a stronger stretch in your thighs.**

**AND / OR**

**you might like to move on to Back Bend 3.**

**Try Combining This With the Child Pose for a mini-routine:**



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