

Mini Routine to Loosen Your Spine

Level 1-3 Takes about 5 minutes, or as long as you like!

www.audioyoga.com

Breathing Theme

Try matching movement with the breathing.

- Start the movements as you start breathing in or out.
- Finish the movements when you finish breathing in or out.

- As long as you're breathing you're moving.
- Whenever your breath is paused, your movements are paused.
- Rather than holding the positions, do them in slow, continuous motion. Go for many repetitions

Cobra



Puppy



Cat



Bonus extra movement. After the cobra and before the Puppy

To work the muscles in your sides: While in the cobra, twist at the waist and look over your shoulder while breathing out. Then come to the front, go into your full extension of the cobra, and twist to the other side while breathing out.

Cobra Safety Tips

Remember to go lightly with the cobra unless your body is very ready for it. To reduce demands on your shoulders, neck and back, you can gently lift the shoulders, avoid arching the back, keep the stomach straight and not stretch your neck back. You can even rest your upper body on your forearms and elbows for the gentlest workout for your shoulders and upper back. If you feel pain or pressure in your lower back, you are going too far.



Here are some modifications for the puppy to make it more manageable.

Elbows are down and hips are supported with a towel or pillow.

Tips on hand placement.

For this routine, you can keep your arms and hands slightly forward when you do the cat. The idea is to keep your hands in the same place for the cobra, puppy and the cat movements. Let your hand position for the Puppy determine where your hands stay for the entire routine.