

Routine for a Loose Lower Back

Level 1-2 or 5
5 if doing the optional cobra

Breathing Theme:

Try matching movement with the breathing

- as long as you're breathing you're moving
 - whenever your breath is paused, your movements are paused.
- Rather than hold for a long time, go for many, shorter repetitions.

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1. Complete Breath sitting with side to sides.

2. Meditation
Count the rhythm of your breath, so that breathing out takes twice as long as breathing in.

3. Butterfly



3. Butterfly Extension



5. Twist or Simplified Twist



OR Elbow to Knee 2



6 & 7. Back Bend Primer

alternating with Back Stretch



OR 6 & 7: Back Bend Alternating with Puppy



8 & 9. Cobra
Makes the routine about a level 5 difficulty



10. Relaxation

Let your weight go more and more each time you breathe out.

11. Puppy or Rock & Rolls
(Depending on whether you did your relaxation face down or face up.)

