

# Yoga for a Flexible Happy Spine

(Week 2)



Welcome back! We are into week two and I hope you all are feeling the benefits of these very relaxing, stimulating poses. Don't stop now, they are going to build on each other and in the end we will do the entire flow, so practice each day until you are fluid with the motions.

## **Spinal Flex on Heels (movement 2)**

Sit on the heels; place the hands flat on the thighs.  
As you flex the spine forward, breathe in deeply  
As you curve the spine, release the breath strongly  
Do for 1-2 minutes or 26 times

Benefits: This exercise stretches, stimulates and strengthens the mid spine and heart chakra

## **Neck Rolls (movement 3)**

Neck turns (left to right) 26  
Head tilt inhale one side exhale to the other 26 times  
Forward Back 26 times  
If it's really good for you stay in the pose, don't rush out of it!

Benefits: This exercise removes tension in the neck and stimulates the thyroid