

Yoga for a Flexible Happy Spine

(Week 4)



Welcome back! We are into week four, by now if you are doing these regularly, I hope you are feeling the benefits. I would love to hear your testimonies. Life is simple and the things you need to live it should be too! Enjoy!!

Shoulder Shrugs

- Sit on the heels or in easy pose, roll the shoulders back, and be aware of the spine.
- On the inhale bring both shoulders up (as though you are shrugging)
- On the exhale, bring the shoulders down, exhaling with more force.
 - Do for 1- 2 minutes.

Benefit: This exercise loosens up the tension in the shoulders and relaxes upper back

Cobra Pose

- Lie on the floor with the palms on the floor under the shoulders
- As you inhale, slowly arch the spine leading with the chin. Pushing with your hands, slowly straighten your arms, until you're arching your back as far as possible.
 - Breathe long and deep for 2-3 minutes.

(There should be no pain, if it starts to get sore, bind the elbows, so they are touching the mat, bring the body forward into sphinx and continue with the breathing.)

Benefit: This exercise strengthens and removes tension in the lower back.