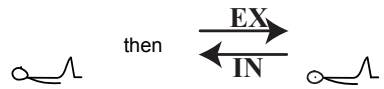
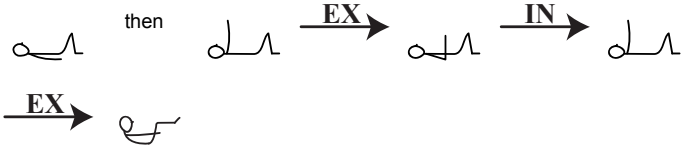
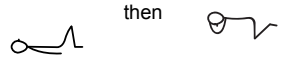
Take the load off your spine and strengthen your core

1		SUPINE POSITION. Get comfortable in a supine position with your knees bend, feet on the floor, and arms resting along the body. Make sure that your body feels supported. Breathe deeply. Lift your head slightly off the floor and feel the weight of your head. Put your head down /2x. Turn your head from side to side and notice how your neck muscles feel. Are they happy?
2		SUPINE UPPER BACK WARM-UP. To feel and mobilize the thoracic curve. Repeat 4x. Feel the weight and shape of your ribcage. Extend your arms forward. EX: Bend your elbows and press your upper arms down into the floor, notice the shape of your thoracic curve. IN: Extend your arms forward. EX: Tuck your chin in and lift your head and upper body up reaching toward your knees. Notice the shape of your thoracic curve. IN: Return to the starting position.
3		UPPER BODY WINDSHIELD WIPERS. To feel and mobilize the thoracic curve. Repeat 3x on each side. Extend your arms forward and interlace your fingers. EX: Move your arms to your right, turning your upper body and your head. IN: Return back to the center. Continue, alternating sides. Where in your body do you feel the rotation?
4		RIB CAGE EXPANSION. Take 6 breaths in each position. Begin on your back with your knees bent, feet on the floor, and arms resting along the body. Take 6 deep breaths and observe the expansion of your ribcage. Where does it expand? Roll onto your side into a fetal position. Take 6 deep breaths and observe the expansion of your ribcage. Where does it expand?
5		PELVIC TILT. To feel and mobilize the lumbar curve. Repeat 4x. Begin on your back with knees bent, feet on the floor, and arms along the body. Feel the weight of your pelvis on the floor. EX: Gradually contract the abdomen and press the lower back gently into the ground. IN: Relax your abdomen and curve your lower back. Continue with this movement and make sure that your neck and legs stay relaxed.
6		SUPINE TOE TAP. To engage the core and connect leg movement to abdominal support. Repeat 4x on each side. Begin on your back with knees bent, R foot on the floor, L leg up. Place your right hand on your belly and your left hand under your lower back. Use your hands to monitor the position of your pelvis. EX: Hug your waist in, keep it engaged. IN: Touch the toes of your L foot to the ground. EX: Pull your knee toward the belly. Continue, tapping the floor further and further away from your hip. Be sure to keep your abdomen engaged as you move. Then switch slides.
7		JATHARA PARIVRTTI / SUPINE ABDOMINAL TWIST WINDSHIELD WIPERS. To rotate the spine. Repeat 4x on each side. Begin on your back with your knees bent and feet on the ground hip-distance apart. EX: Lean both knees to your right. IN: Bring your knees back up. Continue, alternating sides. Where in your body do you feel the rotation?
8		FETAL POSITION. Roll onto your side and curl up into a ball. Think of the spinal shape of a baby when it is born. Take 6 breaths in this position, feel the shape of your spine.
9		COBRA / BHUJANGASANA HEAD TURN. To strengthen and mobilize the upper back and neck. Repeat 3x on each side. Begin on your stomach, forearms on the floor. IN: Lift the chest up, propping yourself up on your forearms, look forward. EX: Turn to look to your right. IN: Return back to the center. EX: Turn to look to your left. IN: Return back to the center. Continue, alternating sides. Think of yourself as a baby developing its cervical curve by lifting the head.
10		COBRA / BHUJANGASANA CRAWL.To strengthen the upper back. Repeat 3x on each side. Begin on your stomach. Prop yourself up on your forearms. EX: Lean your R shoulder forward as you pull your hands back. IN: Return to the center. EX: Lean your L shoulder forward as you pull your hands back. IN: Return to the center. Think of yourself as a baby learning to crawl military style.

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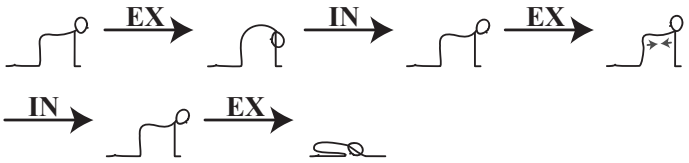
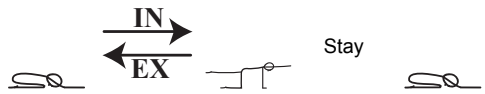
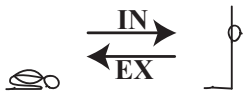
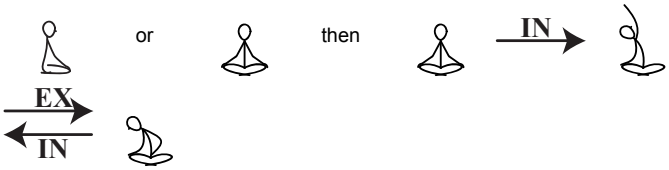
11		SUNBIRD / CHAKRAVAKASANA. To find balance on your hands and knees, to mobilize your spine. Repeat each movement 4x. Begin on your hands and knees. EX: Rock your pelvis slightly back. IN: Rock your pelvis forward. IN: Lift your chest forward and up, away from the navel. EX: Progressively contract your abdomen as you bring the elbows down first and then move the tailbone down toward the heels.
12		SUNBIRD / CHAKRAVAKASANA SPINAL ARTICULATION. To mobilize all three spinal curves. Begin on your hands and knees. IN: Lift your chest and chin. EX: Round your back, tuck your chin in. IN: Lift your chest and chin. EX: Turn your head to your R and look at your R hip. Return to the center. EX: Turn your head to your L and look at your L hip. IN: Return to the center. EX: Move down, chest toward the thighs, tailbone toward the heels.
13		SUNBIRD / CHAKRAVAKASANA CRAWL. To experience weight distribution and facilitate entire body integration. Repeat 4x. Begin on your hands and knees. Walk two steps forward on your hands and knees, then two steps back. Notice the coordination between R and L.
14		SUNBIRD / CHAKRAVAKASANA LEG/ARM EXTENSION. To strengthen the core musculature and facilitate entire body integration. Repeat 4x on each side.
		Begin on your hands and knees with your chest folded over the thighs, tailbone over your heels. IN: Come up on your hands and knees, extending your right arm forward and your left leg back. EX: Move back down. Repeat 8x alternating sides.
15		TABLETOP / BHARMANASANA KNEE LIFT. To strengthen the core, support the spinal curves, and build overall structural integration. Hold for 6 breaths.
		Begin on your hands and knees. Curl your toes under and lift the knees slightly off the ground. IN: Lift up on your shoulders. EX: Hug the waist in toward the center.
16		KNEELING POSTURE / VAJRASANA. To articulate the spinal curves one after the other. Repeat 4x.
		Begin standing on your knees. IN: Sweep your arms up. EX: Bring your chest down to your thighs and tailbone toward the heels, rounding your lower back first, then your upper back, then your neck. IN: Move up, sweeping the arms up. Lift your head first, then lift your chest, then unfold in your hips.
17		EASY POSE OR HERO / SUKHASANA OR VIRASANA ARM SWEEP. To mobilize the cervical and thoracic curves. Repeat 3x on each side.
		Sit up tall in a comfortable position, breathe deeply. IN: Sweep your R arm up as you bend to your L, look up. EX: Sweep your R arm toward the hip, look down. Repeat the arm sweep 3x, then return to the starting position. Repeat the entire movement on the other side.
18		HERO POSE / VIRASANA. Sit on your heels with your spine upright. Place a block under your sit bones if necessary. Tip your pelvis forward and back to feel its movement. Find a neutral position. Feel the shape of your ribcage. IN: Expand it all around, notice how this moves the spine. EX: Relax the shoulders. Align your ribcage over your pelvis. • IN: Lift your chin slightly up, as if smelling something nice. HOLD: Lengthen through the back of the neck. EX: Relax the shoulders, while keeping the back of the neck long. Repeat for 6 breaths. • Stay aware of the alignment between your cervical, thoracic and lumbar curves. Notice if any effort is required to hold yourself upright and aligned. Take several breaths here, imagine growing taller with every inhalation.

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