Spanda® Yoga's Back Care Central Practices
(Based in the Himalayan Tradition)

Any or All of These Practices can be Done in a Chair,
Or with a Chair Nearby While Standing for Support,
And/or (with a little imagination) as Adapted Poses

1. **Standing Centering in Mountain Pose**: awareness of plumb-line, ¼" reach, weight even on feet, Alexander Primary Directions, Diaphragmatic Breathing

2. **Gentle Limbering**: Shoulder shrugs and circles, elbow circles gentle swimming, horizontal windshield wipers, Beach ball movements, gentle easy twists, joint rollings, etc…

3. **Agni Sara**

4. **Warrior Pose**

5. **Triangle Pose**

6. **Revolved Side Angle Lunge Pose**

7. **Wall, Table, or Chair Downward Facing Dog**

8. *Doing this here as it is standing, but counts as Inversion/Traction
   Bar Flies at Table or Hang Between Two Chairs

9. **Half Downward Facing Boat – lifting Upper Half** of Body with Arm choices: (a) reaching to heels, (b) in cactus, (c) overhead

10. **Sitting Twist**: Sit in friendship pose in chair or on floor and gentle twist to each side

11. **Supported Reclined Arch**: using a folded blanket or two, or a bolster, rest middle back over the support. A Folded towel or blanket may support the back of the head as well.

12. **Forward Bend**: Sit and allow spine to soften forward in options: (a) child's pose, (b) forward fold or spread leg forward fold, (c) support the forward fold (or spread leg forward fold with folded blankets or a bolster or combo of them, or use a folding chair placed in front of body.

13. **Supine Twist Pose**: Lying supine, bend both knees and bring legs off floor. Slowly twist and allow thighs to drop to one side, then, eventually to the other side.

14. **"Dave Coulter's Wall":** Place soles of feet on a wall so your legs can be bent at the knees are @90 degree angle. Curl tailbone gently off the flow and continue to roll sacrum and possibly low back off floor staying mindfully within capacity. Alternately, do legs up wall, or legs up wall with a blanket or bolster under pelvis.

15. **Systematic Relaxation with Diaphragmatic Breathing** in: (a) Constructive Rest Position, (b) *Shavasana* Deluxe, (c) Supported Side-Lying Pose , (d) Personal Pain-free Pose of Choice.

Practices to Mix In as Desired:

- Cat-Cow with Arm and Leg Variations and Tail Wag; also Child's Pose to Cat or Bird in Flight
- Deep Six Stretch (Reclined Half Lotus)
- Lunge Pose (with or without folding chair)
- Half Upward Facing Boat (Slow Curl Ups)
- Low Upward Facing Bridge (Pelvic Tilt and Curl off floor)
- Piriformis Stretch with Strap
- Creep Forward and Backward
- Navel Radiation Breathing: in to navel, out all limbs including the head

For the Upper Torso Region:

- Shoulder Girdle Squeezes and Drops (Slow & Fast)
- Cactus Position: Shoulder Blades Squeeze Together
- Cactus Position Lying Supine- slide arms headward and tailward without using chest muscles
- Swimming Action in Arms
- Side Bend with Top Arm Wrapped around to the back
- Open Chest Stretch
- Lateral Neck Stretch
- Neck Rotation Right & Left
- Cow's Face Arms (One Up, One Down)

Alexander Technique's Primary Directions (for Bodily Ease & Great Posture)

Description of expansion in the body:

1. Allow neck to be free so head can release forward and up, so
2. Allow entire torso to lengthen and widen, so that
3. Shoulders can widen, side to side, and
4. Knees can release forward from the hips, so
5. Sits bones can sink into the chair, and
6. Heels can release down into the earth.