Best Spanda® Yoga Practices to Care for your Back

1. Practice Postural Alignment: awareness of 3 body weights, and 5 spinal curves with plumb line

2. Alexander Techniques Primary Directions for Bodily Ease & Great Postural Alignment

    A. Allow neck to be free so head can release forward and up, so you can

    B. Allow the entire torso to lengthen and widen, so that

    C. Shoulders can widen, side to side, and

    D. Knees can release forward from the hips, so the

    E. Sits bones can sink into the chair, and the

    F. Heels can release down into the earth.

3. Balance Muscular Support: Address Muscular Imbalance

    A. Strengthen what is commonly weak: Practice Agni Sara
    B. Stretch what is commonly tight: hammies, psoas, deep 6, QL, pectoralis minor, scalenes

4. Move the Spine Multi-dimensionally (as is possible): Bend Back, Forward, To Sides, Twist, Invert or switch out for ~Traction. For Example, Gentle Supportive Practice Elements:

    A. Backward Bend: Gentle supported arch with folded blanket(s)
    B. Forward Bend: Deep 6 Stretch (reclined ½ lotus pose) and sit in chair at desk & fold over
    C. Side Bends: Table side triangle
    D. Twists: Forward Table Dropped Arm Twists & Seated in Chair Twist
    E. Traction: Wall, Table or Chair Dog, "Bar Flies"/Hang Between 2 Chairs

5. Spinal Undulation (as is possible)

    A. Practice sequential spinal movements from head initiation
    B. Practice sequential spinal movements from tail initiation
    C. Practice sequential spinal movements with other initiations

6. Gentle Natural Locomotion: Walking in a pool, walking on flat surfaces in quiet areas, walking, other activities when ready like kickboard swimming, easy does it dancing, etc.

7. Rest Constructively

    A. Use Constructive Rest Position
    B. Alt: Side lying with supports
    C. *Shavasana* Deluxe: done with supports
    D. Appropriate for Condition: Propped Restorative Practices
    E. Set up Restorative Breaks Throughout the Day