



## 1. bridge pose (modified – 3 steps)

- o Lay on back with knees bent, arms along your side, palms on the ground and lift hips up (hold for a few breaths) then lower
- o Lift hips and place a block under the lower back and rest back on block (can do this with both levels of the block, lifting hips higher each time)
- o Remove the block, keeping hips raised, roll onto the shoulders to interlace hands under the back

## 2. knees to chest

- o Hug knees to chest
- o Rock side to side massaging the lower back
- o Try to bring shoulders close to the ground while lengthening spine along ground

## 3. spinal twists

- o Lying down with legs out straight, open arms out into a 'T' position
- o Bend one knee and place opposite hand on the outside of raised knee
- o Pull raised knee across your body towards the ground while you turn your gaze the opposite way

## 4. cat/cow stretch

- o On hands and knees, curl your forehead towards your pelvis as you round your back
- o Then bring your gaze towards the ceiling as you arch your back and open your chest

## 5. upward dog and cobra

- o From cow pose, drop your hips to the ground while straightening your arms and find yourself in upward dog
- o Bending your elbows, lower your chest towards the ground while keeping arms tight to your ribs and gaze upwards to find yourself in cobra.

## 6. child's pose

- o Press your sit bones back to your heels and place forehead to the ground with arms reached out to release tension in the lower back