

Classplan Description: Gentle yoga for relief of low back pain and healing to restore quality of life!

	Pose Name	Pose Description/ Pose Transition Comments
	Comfortable Seat for Meditation <i>(Sukhasana)</i>	Simply sit with your back straight, using a cushion or chair, or perhaps against the wall; enjoy your breath. Use blankets or blocks to support your knees, so there is no strain. Allow the hips to relax... Notice your breath, gentle and smooth. Pause at the top of the inhalation, and at the bottom of the exhalation. Just this...notice what thoughts arise, without judging them, and return your focus to the breath.
	Rocking in Stillness	Simply bow forward, round the back body as you exhale. Inhale, and create a gentle arch in the spine as you lift the chest skyward.
	Extended Child's Pose <i>(Mudhasana)</i>	
	Constructive Rest <i>(Savasana (Bent Knee))</i>	
	Reclining Mountain & Moon <i>(Supine Tadasana/Chandrasana)</i>	
	Knee Stretch <i>(Apanasana)</i>	Practice this to increase hip flexibility and massage your abdomen and lower back... BE GENTLE ...might be best to practice on a sofa or soft chair... If the low back feels tender, simply bend the opposite leg and continue with that knee bent, foot on floor. Can be practiced with a strap to engage feet and help track knees in alignment.
	Wind Pose <i>(Apanasana)</i>	Practice this posture lying on your side, with both arms extended overhead as in half moon pose. Hold the upper wrist with your lower hand. At first, keep your body long, both knees bent, then extend the upper leg as far away as possible, until you feel your rib cage lift away from the floor. Hold and breath deeply and fully. Then draw that leg back in as pictured...repeat gently several times moving with your breath.
	Down Dog @ sink <i>(Ardha Mukha Svanasana)</i>	Hold onto the kitchen sink...float your hips behind you...fingertips are the hardest working part of your body...shoulders rise a bit toward the ceiling to create a little valley along the spine. Knees are slightly bent. Spine is long, inhale with a soft belly, exhale fully until the waistline lifts. This is where we find lightness... Lift and lower your heels, one at a time, and allow the body to softly lengthen...then both feet rest fully on the floor...

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	Kitchen Sink Stretch (<i>Parsvottanasana</i>)	Rest hands on the wall or hold onto kitchen sink; strengthen both legs. YOU MAY PRACTICE THIS POSE WITH BOTH LEGS TOGETHER OR step forward boldly with ONE LEG FORWARD in a modified lunge. Bend the front leg, and then straighten it...see how deep you can make this posture, while keeping your back lifting lightly away from the earth...(Draw back hip forward a bit, and front hip back to justify hips... and enjoy) This is a pose you can modify by adding side twists to strengthen your arms and hands while strengthening and lengthening your spine.
	Sea Shells (<i>Matsya kridasana</i>)	1. Bend BOTH knees, keep ankles together and lift the upper knee toward the ceiling, like a seashell opening and closing. Go slowly, MASSAGE YOUR SITTING BONE. 2. Repeat, keeping knees together, lift the upper ankle. Massage the sitting bone. 3. Repeat as pictured, for a gentle twist
	Constructive Rest (<i>Savasana (Bent Knee)</i>)	
	Basic Bridge: Relaxation (<i>Bent Knee Savasana</i>)	A great way to have a simple quiet practice: come into this pose, lift your hips very gently about 2" off the floor...exhale fully and lengthen the spine as you do. Rest...notice your breath, and move into the 4-7-8 model of inhaling for 4, holding gently for 7, and then releasing for 8 counts. That's 4 breaths per minute. Can also be practiced with a rolled blanket along the length of your spine. Neck and head should be entirely off the support. Align your spine along the "roll", reach arms skyward and hug the prop with your shoulder blades as you lower your arms to the side. Rest, breathe. Practice a baby bridge pose, lengthen the spine as you release your back along the support. Remain here for 3-8 minutes You may also place the support across your sacrum. Draw knees in toward the chest. Relax feet back to floor; extended one leg at a time and let the heel rest on the floor for at least three minutes on each side. Return to Bridge Pose to recenter.
	Reclining Staff 1 (<i>Viparita Karani</i>)	You may choose to practice this pose on its own, or use it as a closing pose...it is like a tonic, slowing our brain activity, grounding us and creating a sense of spaciousness and ease. You may practice with a chair beneath your legs...and yes, you may remain in this posture as long as it feels wonderful
	Savasana (<i>Savasana</i>)	Create a safe and sacred space for this closing posture, and rest, simply rest...you may place a soft support beneath your hips and behind your knees, beneath your elbows and behind your neck...keep your jaw soft, eyes closed, concentrate on the sensation of breath moving through you.