

Yoga to Support and Strengthen Your Back by Laura Fisher Yoga

1



Sukhasana
Easy Pose

From a comfortable seated position. Close your eyes and visualise the full length of your spine. Gently lengthen each section of the spine so that you are sitting tall.

2



Bitilasana
Cow Pose

From all fours, with hands under shoulders and knees under hip. Gently tip your tailbone up, arching the spine, sliding the shoulders down and looking up. Do this on an inhale and exhale into the next pose. Repeat these two poses 5-10 times.

3



Marjaryasana
Cat Pose

Tucking your tailbone under, round up the spine - chin to chest. Really round and stretch out between the shoulder blades. Move slowly in these two poses. Feeling each part of the back move and improving the range of motion.

4



Balasana
Child's Pose

Sit back, your hips working towards your heels, resting your rib cage on your thighs and your forehead on the mat or a block. Take 5 deep breaths feeling the rise and fall of the breath in the low back.

5



Sphinx Pose

Start by lying on your front. Place your forearms on the mat, check your elbows are directly under your shoulders. This is a gentle back strengthener. Lightly engage your thigh muscles, draw your abdominal muscles in and up. Now lengthen your back, spreading the shoulder blades wide. Feel the gentle engagement of the low back muscles. Hold for 3 breaths and then repeat twice more.

6



Bhujangasana
Cobra Pose

This is the next advancement on from Sphinx. Bring the hands now under the shoulders. Don't worry about coming up too high, just roll the shoulders down the back and using the back muscles start to lift the chest up off the mat, without pushing into the hands. Repeat this 3-5 times, coming up on the inhale and back down on the exhale.

7



Salabhasana
Locust Pose

This is an excellent pose for strengthening and stabilising the low back and SI joint. Interlock your hands behind your back, engage the thighs and abdominal muscles and on an inhale gently lift the legs and the chest away from the mat. Only come up as high as feels good. Try to maintain a long open back, by focusing on reaching the feet to the wall behind you. Repeat 3-5 times with the breath.

8



Balasana
Child's Pose

From locust pose. Gently come back into child's pose again. Stay for 5 breaths.

9



Adho Mukha Svanasana
Downward-Facing Dog

From all fours, come up into downward facing dog. Bend the knees slightly and focus on stretching the hips back to really feel the back stretch. Hold for 5 breaths.

10



Sukhasana
Easy Pose

Return to a comfortable seated position. Lengthen the spine, for 3 breaths.

11



Ardha Matsyendrasana
Seated Twist

From seated, step your right leg over your left knee. Hug the right knee with your left arm. Take a gentle twist moving the right shoulder round. Hold for 3 breaths and then repeat on the other side.

12



Viparita Karani
Legs-Up-the-Wall Pose

This is a loving resting position for the back. The bolster is completely optional; personally I prefer it without the bolster. Lie down and rest the legs up the wall for 3-7 minutes. Slowly come out, by hugging your knees into your chest and rolling up to seated.

13



Sukhasana
Easy Pose

From a comfortable seated position. Close your eyes and visualise the full length of your spine. Gently lengthen each section of the spine so that you are sitting tall. Stay for 10 breaths, each exhale focusing on letting go of the tension and tight from the back .