

YOGA POSITIONS



POSTERIOR STRETCH

- Stretches hamstrings. Increases range of motion and strength of spine.
- Stretch for 5 seconds and repeat 3 times.

HALF SPINAL TWIST

- Increases blood flow and peristalsis
- Stretch for 5 seconds and repeat 3 times.
- Repeat stretch by switching legs and looking over the opposite shoulder.
- Stretch for 5 seconds and repeat 3 times.



COBRA

- While lying on our stomach, fully extend arms and lift chest and head off of the ground.
- Increases range of motion and strengthens spine.
- Hold for 5 seconds and repeat 3 times



LOCUST

- Arms at our sides, lift our thighs off of the ground.
- Great for spinal health.
- Hold for 5 seconds and repeat 3 times

