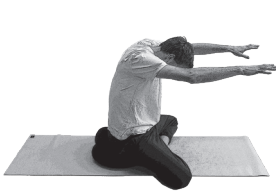


Yoga for a Healthy Back

Almost everyone gets back pain at some point in their life. The NHS website features yoga and other gentle exercise as ways to self-manage back pain and recommends that you stay as active as possible. If you try this when your back already hurts, go carefully and pay attention to your body, avoiding anything that feels wrong or causes pain. You can also practise these movements regularly to strengthen the back and prevent future problems.



Seated Cow

breathe out



Seated Cat

breathe in

*move back and forth slowly
between these, with the breath,
10 times*



Child

10 breaths



Sphinx

5 breaths



Knees to Chest

*If it feels comfortable, rock gently from
side to side and back and forth. 10 breaths.*



Wind Releasing

5 breaths each side



Bridge

*3 breaths, then carefully
lower yourself down.
Repeat 3 to 5 times.*



Lying Twists

5 breaths each side



Rest

*Lie like this and focus on the
feeling of your breath flowing
in and out for 5 minutes.*

“You were born a child of light’s wonderful secret - you return to the beauty you have always been.”

~ Aberjhani, poet and author; b.1957

**Please consult your healthcare department/unit before starting any new exercise routine if you have a current back injury or ongoing condition.
Listen to your body and opt out of anything which causes pain.**

