

BACK BENDING INTRO

The HEART of YOGA revolves around 4 types of SPINAL movement:

- spinal flexion (forward folding)
- spinal extension (back bending)
- axial rotation (twisting)
- lateral flexion (side bending)

This BACK BENDING series covers 2 of these movements:

- spinal extension (back bending)
- lateral flexion (side bending)

The FORWARD FOLDING series covers the other 2:

- spinal flexion (forward folding)
- axial rotation (twisting)

Yoga recognizes the multiple health benefits of back bending. However; back bends should be gradually eased into as rarely in our daily lives do we perform backward activities. Over the duration of our lives our bodies have adapted to “all things forward”. The muscles of the front of the body have become strong; the muscles of the back side - weak. Reversing what took decades to happen - will not occur overnight.

This BACK BENDING series was designed to gently help you to revitalize your posture. Relax and allow your muscles to re-adapt. Give the front side muscles a long needed vacation while asking the back side ones to do a little work.

Commit this 8 pack 8 minute routine to body memory and in time you will reap the benefits.