

HAPPY BABY POSE LL05

Yoga = Ananda Balasana
Medical = Spinal Elation

DIRECTIONS

Lie on your back and draw your knees into your chest. Locking your forearms under your calves, grab the rope with hands to the outside of your ankles. Lower the tailbone to the floor, giving a nice release to the low back. Roll the spine as you please for one minute.

IMAGERY

Happy Baby curling up as a ball and gently rolling back and forth.

BENEFITS

Happy baby pose elongates and lengthens the lower back. The pose offers a safe way to release low back tension from long hours of work.

This pose is also a deep hip opener and stretches the inner groin.

Happy Baby Pose relieves stress and gently vitalizes. It serves as a great evening or morning stretch. Enjoy! Enjoy! Enjoy!

LOW BACK PAIN

Low back pain is an extremely prevalent problem with over 80% of all people experiencing low back pain at some time during their life. Low back pain is second only to the common cold in causing absences from the workplace. Back injuries are the most frequent and the most expensive of all worker's compensations claims in the United States.

The YOGA ROPE and Lumbar Love seek to PREVENT low back pain
The YOGA ROPE and Lumbar Love seek to REDUCE low back strain.

The YOGA ROPE has 2 more programs that can help prevent low back pain – Thorax Theatre and Hip Happy. To maintain the thorax in good shape, which is directly above the lumbar, will reduce the load the lumbar needs to carry. To keep the hips, which are directly below the lumbar, open and moving well will better transfer the load the lumbar carries down to the glutes and thighs. Yes – an ounce of yoga rope is worth a pound of cure.