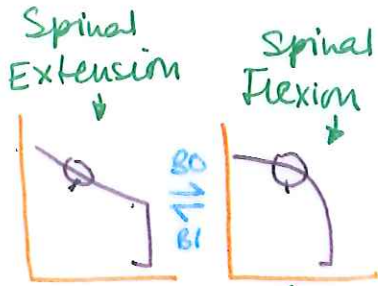


Some ideas for upper back MOBILITY and STRENGTH courtesy of Vani Devi's "Yoga Sequences Companion". Lucy May 2013



"Wall cat" ↑
very mild extension of neck



pelvic tilts
BO draw lower back to wall.



Focus on keeping pelvis & lower back stable as upper back extends
Hands in small of back
BI draw elbows back
BO release.



BI →



BO →



BO ↓ BI ↑



BI ⇒



BO →

↑ Lower back stability upper back extension during side bends.



chin to chest
clasp elbows

BO ↓ BI ↑



BO →



BI →

upper back in flexion during sidebends

REPEAT side bends and twists 6x each



BO →



BI →



BO →



REPEAT flexion and extension 6x



BI ↓ BO ↑



BO →



BI ↓



BO ↓ BI ↑



REPEAT 6x



BI →



BO ↓ BI ↑



BO →

"Dragon wings"



Hands clasped

HOLD couple of breaths

REPEAT 6x



fists ↑

BI →



BO ↓ BI ↑



BO →



REPEAT 6x

HOLD couple of breaths.

* Squeeze elbows back and together, CARE not to over extend lumbar