

Age Less Move More

Low back Movement Sheet

Lunge Dropping To Elbows



From all fours step your right leg forward and walk your right foot as far forward as it will go. Drop your tail down and forward. Use a block if you have trouble bringing your hands to the floor. Hold and breathe.

Take your hands to the inside of your right foot. Walk your right foot further forward if it can. When ready, exhale and bend your elbows placing them on the floor without dumping your pelvis. Feel the stretch deep in your inner upper leg. If you can't do this -- stay up on your hands or place your hands on a block. Hold and breathe.

When ready to come out back your bottom up and step your front foot back. Come to all fours and switch sides.

Yoga Nidra



From Lying on your back take your right foot into your right hand. Take your right knee to the outer edge of your body. Pull your foot toward your head. Take your left hand on your right heel. Bring your right arm to the inside of your right leg round up your head and bring your right knee over your right shoulder. If you can bring your foot behind your head. If your foot doesn't go behind your head, place a block behind your head. Hold and breathe. Switch sides when ready.

This pose puts your sacrum back into alignment.