

## CHAIR PRACTICE FOR NECK AND BACK



A

B

A) Sit at the edge of the chair. Press your buttock bones down, lift sternum, plant the feet down. As you reach for the sides of the chair, take your outer arms back, side ribs forward and lift your sternum.

B) Sweep your palms forward towards the wall you are looking at, keep the outward rotation as you raise your arms out and up over head. Let your inner shoulder blade descend. Then, interlace your fingers. If you feel impingement or pain within the shoulder region, bend the elbows and reach out through the bend of the elbow to broaden the collarbones and shoulder bones away from the midline. Keep constant pressure down through the feet, buttock bones will ground and thighs will engage. Draw navel in and up. (these poses should create some space for your lumbar as well as the thoracic).

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C

D

C) Press the hands and feet down firmly. Upper arms back, side ribs forward, sternum lifts up. Still sit on the edge of the chair. Raise one leg up. Draw your navel in and up. Only raise the leg as high as you feel strong in your back. Do not arch. Do not lean back. Reach through your heel, spread your toes. Repeat other side.

D) Start as in C. Rotate the whole leg outward. Start with the movement of your inner thigh up, outer thigh down. The foot turns out as a result of the leg movement; not the other way around. Repeat other side.

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E

F

E & F) Place one foot on a block or other firm object (hard back books) to raise your knee higher than your hip. Extend the other leg out and support the calf with a rolled blanket so the knee does not lock and you can get a more uniform action through the leg. Inhale lift your chest evenly, exhale turn towards the bent leg. Take your gaze over the shoulder towards the wall behind you. Then keep the chest turning and look over the other shoulder. This will give your neck a nice stretch on both sides. Broaden the collar bones, reach through the bent elbows, reach through the straight leg, with a firm thigh and spread those toes! Give yourself time in the pose to be still to let the body unwind and just breathe. Repeat other side.

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G

H

G) Rotate the pelvis forward taking the hands as wide as the extended collar bones and upper arms. (no closure in the upper chest or around the neck). Bring the legs into meet the arms. Maintain the heel directly beneath the knee.

Press into the hands and feet to engage the arms and legs. Spin the triceps toward one another so to outwardly rotate the arms and move the shoulder blades towards the waist as the sternum lifts up and out.

H) Isometrically press the leg into the arm and vice-a-versa. First turn with your hand on your hip. Once the shoulders are stacked vertically, extend one arm up. Keep space around the neck. NO STRAIN. Repeat other side.

## CHAIR PRACTICE FOR NECK AND BACK



I

J

I & J) Sit all the way to the left of your chair. Extend through your arms. Press into an imaginary table so that you feel your side ribs lifting without lifting your shoulder blades. Extend out placing the forearm on your thigh to lift the L ribs up and outwardly rotate the R arm to extend near the side of the head. Rotate the outer arm forward, inner arm back for maximum space in the shoulder and neck. Repeat other side.

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K

L

K) Straighten your left leg out to the side. Keep the R buttock bone grounded as you reach out to the left. Place your hand on your shin. Press shin into hand, hand into shin. Keep extending the L ribs away from the L hip. If your R shoulder doesn't like to keep the arm up, just place your hand on your hip. If you feel a pinch in your back, ground your R foot and press the buttock bones down. If it doesn't cease, you are too far over your leg. Repeat other side.

L) Same as "B" above.

## CHAIR PRACTICE FOR NECK AND BACK



M

N

M) Same as “A” above

N) Resting Pose: Reach out over your thighs, making sure your side ribs nest into your inner thighs. Mild pressure into the feet to keep the buttock bones grounded and the chest extends towards the knees. Let your head hang from the nape of the neck. The arms are outside the legs to keep the front chest open. Breathe deeply and feel the movement of air into and out of the body. Let the weight of your trunk rest on your thighs. Use your breath to massage the lower abdomen. If you feel no pressure, add a blanket flat fold or rolled to create a mild compressive effect.

NAMASTE!

All the poses can be done 1-3 times before moving on to the next one. Start with 1x, then graduate to 3x.