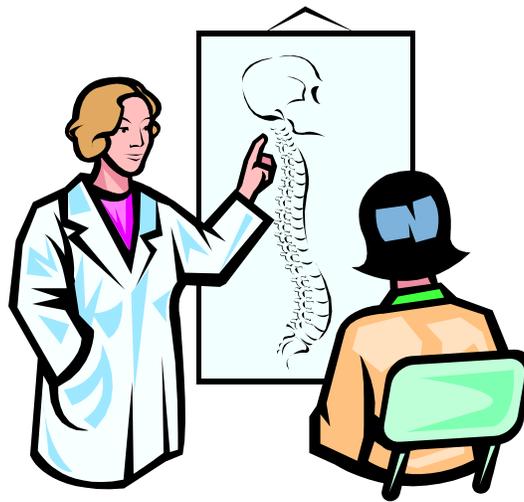


Caring for the Spine

By Teresa Keast



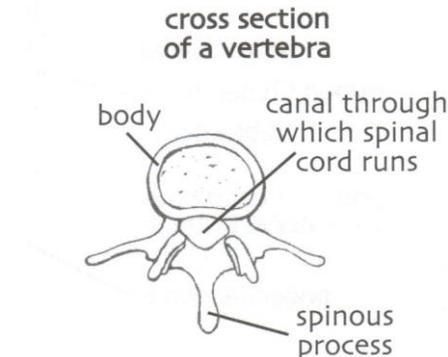
The Spine

The spine has many functions in the body that require it to be very strong yet flexible. Its unique structure has been designed to achieve both of these. It acts as a support for the head, allows for attachment of the back muscles and the ribs. But probably most importantly it protects and houses the spinal cord which allows for communication between the brain and the rest of the body. Every part of the body receives neural messages that originate in the spinal cord.

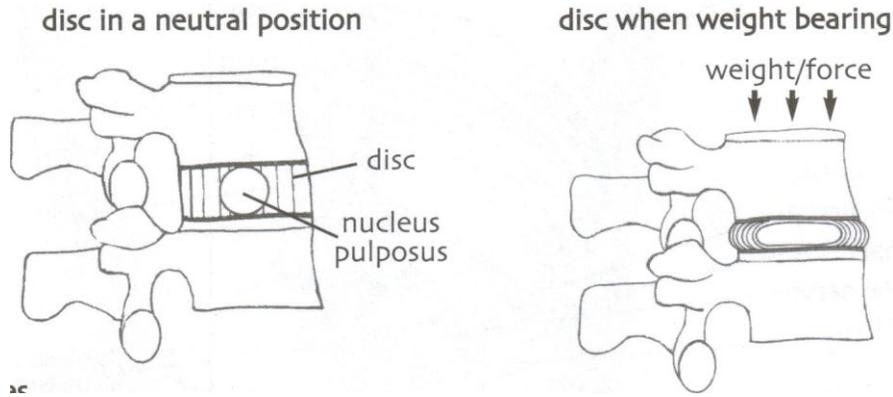
Structure of the Spine

The spine consists of a series of vertebrae stacked on top of each other. Each vertebra is separated by a vertebral disc. These discs act as shock absorbers during walking and running. But they also ensure that the spine can bend allowing space between each vertebra so that movement is not restricted by bone coming in contact with bone.

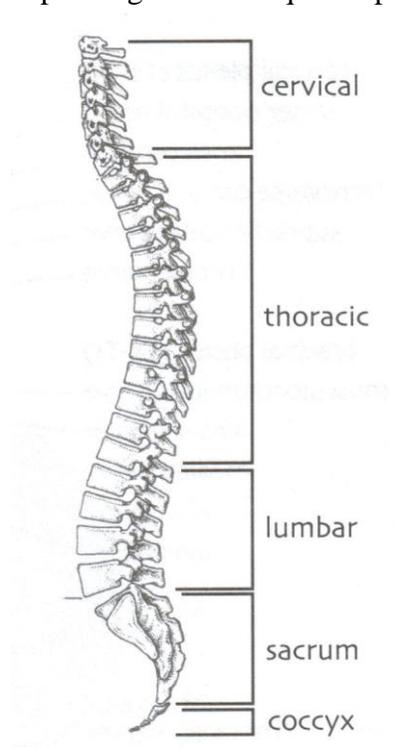
If we look at a vertebrae through cross section we can see it has a body of hard bone that gives it strength, a foramen through which the spinal cord runs, which surrounds the cord with protective bone and spinous processes. These processes vary in different parts of the body and allow for the attachment of the muscles of the back. They change shape to either allow movement as in the neck or restrict movement as in the thoracic region. A series of ligaments attach between the vertebrae to hold the spine together. Ligaments are extremely strong yet have some elastic properties so also allow the spine to move and bend.



If we look at the structure of the inter vertebral discs that are found between each vertebra we can see that they are perfectly designed to absorb the shock that travels up the spine with each strike of the foot during movement. Each foot strike causes compression of the disc so that the disc flattens and the inner gelatinous nucleus pulposus is squashed and bulges slightly. When the compression eases between foot falls the nucleus pulposus returns to its original round shape allowing the disc to spring back into its original shape. The strong cartilaginous fibres that surround the nucleus pulposus ensure it does not rupture. These fibres help to give the disc its elastic properties. When the force through the inter vertebral disc is too great causing some of these fibres to break the nucleus pulposus is allowed to ooze out of the centre of the inter vertebral disc. We say a disc has ruptured or someone has slipped a disc. Sometimes this displacement will then press on the nerves coming from the spinal cord causing much pain and loss of movement in this area of the back. The pain may be referred to other areas of the body depending upon which nerves are affected. Rest is needed initially until the fibres are repaired, but then gentle movement is needed to restore full function to the affected disc and surrounding area of the spine. This is where yoga is excellent.



The spine is divided into regions depending on the unique shape of the vertebrae in that region.



The **Cervical** or neck region contains 7 vertebrae that are designed primarily for movement. They have small round spinous processes that do not get in the way when we turn our head from side to side, up and down, and tilt to the left or the right. C7 is found at the base of the neck, its spinous process can be felt as a prominent bump that does not disappear when you tilt your head backwards

The twelve **Thoracic** or upper back vertebrae are designed for the attachment of the ribs and have more limited movement. They have long spinous processes that point downwards restricting extension in this area of the back. The ribcage is vital for protecting the heart and lungs and other organs in the chest region so needs a more rigid anchor in the back. However many people become too limited in their movement in this area, especially in extension. This means that either the neck vertebrae or the lower back vertebrae have to move more to compensate. This can cause problems in these areas. Yoga postures such as the Cobra – Bhujangasana, the Bridge - Setubandhasana, and the Cat –Marjariasana can gently ease this tightness and restore normal movement in the thoracic region of the spine. This also helps to open the heart chakra in the front of the chest.

The five **Lumbar** or lower back vertebrae are thicker and heavier and provide strength for the base of the spine to enable it to support the rest of the upper body. The spinous processes do not restrict movement which is why we can bend forward and backward and side to side with ease. The nerves that supply the lower body limbs and organs originate from the lumbar region of the spine.

At the base of the spine are five fused vertebrae which form the **Sacrum**. There are no intervertebral discs between these vertebrae and so movement is very limited. This structure is important for the attachment of many of the hip and gluteal muscles.

The **Coccyx** or tail bone contains four further fused vertebrae. This also acts as a point of attachment for pelvic and back muscles.

Movement of the Spine

The spinal cord runs through the entire length of the spine. At each vertebra important nerves leave the spine to communicate with the muscles and organs of the body. By keeping the spine healthy you keep the spinal cord healthy and the nerves that supply the major organs and muscles of the body in term healthy. When the spine moves easily and freely the spinal fluid is able to nourish the spinal cord and keep it in optimal condition ensuring the optimal health of the whole body. Many health problems can be traced back to restricted movement in the area of the spine that supplies that particular organ in the body. This is the basis of osteopathic and chiropractic medicine.

When standing in *tadasana* our spine is not rigid but has a natural s shape that is designed for maximum shock absorption when we move. The cervical vertebrae form a kyphotic or concave curve. The thoracic region forms a lordotic or convex curve and finally the lumbar region forms another kyphotic curve. This maximises the flow of energy along the spine. This curve maximises the shock absorption properties of the spine during movement.

The cervical region allows for flexion (bending head forward to place chin on chest) and the return movement, extension. The neck can also tilt from left to right, when the corresponding ear moves toward the same shoulder. It can rotate about its main axis left and right.

The thoracic region can flex (when chest is hollowed) and extend (when shoulder blades are drawn back and together). It is not able to rotate due to the attachment of the ribs.

The lumbar region can flex (as we bend forward to touch our toes), extend (as we bend back at the waist), abduct (as we bend to the side) and adduct (the return movement). It can also twist on its main axis. Many movements involve a combination of these movements i.e rotating in a full circle from the waist involves flexion, extension, abduction and adduction.

The sacrum and coccyx vertebrae do not move although the sacroiliac joint, where the spine joins the hips at the base of the spine is involved in many lower back and hip movements.

Maintaining Optimum Health of the Spine

To maintain optimum health of the spine we must drink plenty of water ensuring we are fully hydrated. Dehydration can contribute to stiffness in the spine and many muscular problems that originate from the spine. By drinking lots of water we help the kidneys to detox and remove waste products more effectively improving the function of the whole body and reducing fatigue.

We need to eat a good diet based on wholegrain cereals, nuts, seeds with plenty of fruit and vegetables and some good quality protein from either animal or vegetarian sources. This is to ensure the spine receives all of the nutrients it needs to grow, repair and move.

We need to move the spine daily through all four directions to maintain its flexibility. We need to flex and extend, twist and bend to the side. Before we move the spine we should warm it up with gently exercises to raise the body temperature and prepare for more strenuous exercises to avoid possible injury. Movement should always be pain free and comfortable.

The abdominal muscles and more specifically the transverse abdominus and also the lower back muscles, especially lumbar multifidus all act to support the spine during movement. These are collectively referred to as our core stability muscles. By keeping these strong and engaging them when we place any load on the spine through lifting, exercise or during yoga we help to prevent injury to the spine. To engage these muscles we simply pull in our stomach as if to flatten the lower abdominal area but only exerting approximately 30% of our maximum contraction while continuing to breathe fully. This requires practise. By engaging these muscles we also pull our pelvis into correct alignment in a neutral position so we are not hyper extending or hyper flexing the lower back. This naturally improves our posture, prevents injury, prevents the development of muscle imbalance and ensures the smooth flow of energy along the spine.

Like the rest of our body our spine needs a balance between movement every day, to maintain optimum health and relaxation to allow muscle tension to ease and the body an opportunity to rejuvenate. Sleeping on a firm but comfortable bed with a low pillow so that the whole spine is supported helps the spine to repair and regenerate overnight. But we also need to consciously make time for relaxation. Lying on the floor for 10-20 minutes in savasana with knees bent if the lower back aches, allows the spine to relax. We need to be warm and allow the mind to relax and switch off at the same time. We can listen to a guided relaxation tape or gentle music to encourage this relaxation.

A back massage when muscle tension builds up is an excellent way to relax the spine. It helps to ease the tension and fatigue in the postural muscles in our back so that they in turn relax and release their pull on the vertebra. When we have poor posture or maintain a particular position for too long (such as sitting at a computer or driving) muscles that are not designed to contract all day are often contracted as the postural muscles become fatigued and go into spasm. Lactic acid builds up in all of these muscles causing them to feel stiff and tight and painful. Massage helps the body to drain and metabolise this lactic acid while promoting lymph flow removing the unwanted waste products of the fatigued muscles. It encourages the muscles to relax so that their fibres can be repaired and the spine can move back into its natural alignment again.

Regular practise of yoga especially the EBR 1 and 2 sequences can also help to ease this tension and prevent muscle spasm. When we are sitting or standing for long periods of time we need regular breaks where we stretch the neck and rotate the shoulders and maybe ease out lower back tension by extending backwards with our hands supporting the lower back. Or just moving and

walking around gives the postural muscles of the spine a change of position and helps to prevent fatigue.

It is important in our yoga practise to listen to our body and especially our spine and not overdo repetitions of an exercise or posture. To improve strength and flexibility we need to extend the body slightly to just beyond comfortable, but never to a point that is painful. Pain is the body's very clear message that we should not do what ever causes this pain. There are always alternatives to most postures and sequences that can take account of peoples' different needs if pain prevents someone doing a particular posture or sequence.

To maintain the health of our spine we need to be aware of maintaining an ideal posture in all that we do. When standing in tadasana this gives us a perfect opportunity to assess our posture and make small corrections that the body will learn and begin to adopt all the time. There are more details on correct posture and its deviations to come.

When lifting we need to keep a straight back and bring the item in close to the body. By using the strong muscles of the legs by bending the knees while contracting the core stability muscles we protect the spine and reduce the force acting through the vertebra, the inter vertebral discs and the ligaments. This reduces the chance of injury to the spine. We should never twist the spine when carrying a heavy load.

Correct posture when sitting or driving for long periods is paramount for our back health. Regular breaks and movement help to avoid excess muscle tension and strain developing. Wearing good footwear especially avoiding high heel shoes for long periods which affect our posture is important for the health of the spine. Our shoes absorb much of the shock when we walk and run. This reduces the forces transmitted through the spine.

When we carry bags it is important that the load is balanced on the left and the right of the spine to prevent excess strain on one side which can pull the vertebra out of alignment and cause a condition called scoliosis. For example we should use a backpack instead of an over the shoulder bag or carry two equally weighted shopping bags when walking.

If we do injure our back or experience acute pain it is important that this is not ignored and that the problem is diagnosed by a back specialist such as a chiropractor or osteopath or physiotherapist. We need to identify what part of the back is affected to know how best to rehabilitate the back quickly and safely. If there is inflammation and pain most exercises need to be avoided until this recedes. Then a programme of gradual stretches, exercises and postures can be extremely beneficial in restoring spinal health. This is when yoga is of great benefit. Chronic back pain is often a result of not treating an acute problem in the most appropriate way.

Other therapies that are especially beneficial for the spine include the Alexander technique, which is excellent for correct postural awareness in movement. The Bowen technique can help to eliminate deep muscle tissue trauma and release old postural patterns. Shiatsu is excellent for helping to release blockages in the muscle tissue and spine and restore optimal spinal health.



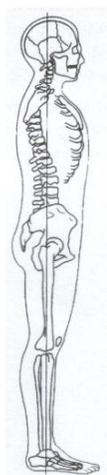
Common Problems of the Spine and What can be Done to Alleviate Pain and Improve Mobility, Strength and Posture.

Correct Posture:

To understand what poor posture is we first have to understand what ideal posture is. When the body is in ideal posture the forces of gravity are evenly distributed throughout the body so that all the joints are in their neutral position. This ensures they are in correct alignment and therefore that they can function as they are designed to with minimal risk of injury or damage. It also ensures that there is balance between the muscles and different muscle groups so that we can stand and move with ease and efficiency. When posture is compromised forces do not pass correctly through the joints causing strain on ligaments and the joint capsule. Muscle imbalances occur which can pull the skeletal structure of the body out of its ideal alignment. Muscles that are not designed to give postural support can become fatigued, causing tension and pain. Blood and lymph circulation are compromised which in turn affect the optimal function and health of our organs and all of our body systems. So we can see that correct posture is paramount to good health.

Correct posture always begins with the spine in correct alignment. We must imagine a plumb line that runs down the side of the body. It should pass through the ear lobe and the tip of the shoulder, down through the centre of the chest cavity to the lumbar vertebrae. Then it should pass just behind the hip joint and in front of the centre of the knee joint to just in front of the centre of the ankle. To achieve this optimal line our head should be in a neutral position, neither forward nor back. In *tadasana* we think of drawing the chin in and extending the top of the head upwards. Our shoulder blades should rest with ease on the rib cage. We aim to consciously drop our shoulders and reduce shoulder tension while lifting the sternum slightly forwards and upwards. Our spine should form a natural S shape curve. Our pelvis should be in neutral with the knees straight but not locked backwards. By tilting the pelvis forward and backward this neutral position can be found so that we become familiar with what neutral feels like. There should be a right angle between the lower leg and the sole of the foot. Our feet should face forward with the outer edges of the feet parallel.

Correct posture



Most people do not stand and move in correct posture. Young children do but over our life time we develop poor postural habits. There are many different postural deviations where the spine is not kept in its ideal alignment and these can be helped with specific muscular strengthening and stretching through yoga practise. People may exhibit one or a combination of these types.

Kyphosis or Hunch back is a common postural type. This is often caused from a poor sitting position for long periods of time maybe at a computer or desk or driving where the back is hunched and rounded. Sometimes it is associated with low self confidence and trying to hide one's self. In this position the head is held forward and the shoulders rounded creating an increased kyphosis of the thoracic region.

It gives rise to muscle tension in the upper trapezius and back of the neck. The chest is contracted closing the heart chakra and restricting energy flow. The chest and anterior shoulder muscles and latissimis dorsi become tight while lower trapezius becomes long and is weakened. Often this leads to shoulder blades that spread out too wide on the back.

To improve this posture, the posterior neck muscles can be lengthened and stretched by the forward neck flexion exercise in EBR 1 that involves drawing the chin in and up in a gentle flowing movement. The neck tilting in this EBR will help to ease upper trapezius tension. Shoulder massage or doughing is another excellent means of reducing this tension.

Latissimis dorsi can be stretched by lying on your back with your knees bent. Your palms face upwards and you slowly raise both arms over your head and take your arms back toward the ground as far as is comfortable and hold. This exercise can be used in class as a preparation for the dog or the cobra postures.

The lower trapezius muscle can be strengthened by lying prone with your arms at your sides and your head in the centre. Then you lift one shoulder off the ground keeping the back of the hand on the floor and drawing the shoulder blade downwards and inwards toward the spine. This can also be given as preparation for the dog or the cobra postures.

The tightened pectoralis chest muscles can be stretched through the Lying Spinal Twist. This is appropriate for beginners, those experiencing any back ache or those with weakened abdominal muscles.

The Standing Spinal Twist and Shoulder Rotations in EBR 1 and 2 as well as the Bridge or the Triangle would all help to bring the shoulders back into better alignment by lengthening the anterior chest muscles and opening the chest. They will also help to ease muscle spasm in upper trapezius. The Triangle is a more advanced posture and should only be done after adequate body preparation or after several months of regular yoga practise.

Once the chest starts to open up the first stages of the, Cobra or Spinx will help to reduce the increased kyphosis of the hunchback posture and open up the heart chakra. The Dog Posture is also of tremendous benefit for opening the chest and stretching the shoulder muscles and hamstrings; therefore helping to correct this posture.

A person with increased kyphosis would benefit immensely from the Charity posture – Parsvottanasana, or the Bow – Dhanurasana, but these should definitely be done with caution and ideally worked up to once the chest has opened and the mid back muscles strengthened through less demanding postures and exercises. These postures strengthen the lower trapezius and rhomboid muscles.

I have some increased kyphosis in my thoracic region that began years ago with poor posture while studying at university. The tension in my trapezius was exacerbated by a habit of lifting my right shoulder when I wrote with my right hand. This eventually caused the vertebra in my mid thoracic region to be pulled out of alignment and caused intense pain in this area and made

breathing difficult as the pain referred into my chest. Initially osteopathic and chiropractic help was needed to bring the vertebra back into alignment and to begin to get these joints moving again as they had become locked with virtually no movement at all. Now years later I still have to be mindful of this area and ensure that I practise especially the Lying Spinal Twist, Bridge and Cobra regularly to keep my thoracic vertebra mobile. If I am not mindful of my posture when sitting at the computer or driving I experience problems again. When I keep the thoracic area moving and my chest open and sternum lifted I do experience an increase in my general feelings of happiness and especially my self confidence. It does increase my energy but more so the energy I have to give to give when caring for others.

I have found an excellent exercise to release tight anterior chest muscles is to lie on my side with my knees bent and together with both of my arms extended horizontally, palms together. As I breathe in I raise the top arm to vertical. Then as I breathe out I try to stretch this arm a little higher ensuring the joint is nice and open. On the next in breath I lower this arm to the opposite side as far as it will comfortably go and turn my head with the arm. My knees must stay together. I try to hold this position until I can relax into the posture and breathe deeply and I feel the shoulder joint release. Then the arm is slowly returned to its original position on a slow out breath. After a few repetitions I can feel that my chest is much more open and I can breathe fully and deeply and the tension in my trapezius eases as my shoulders are brought into a better position.

Lordosis or Swayback is another very common postural type in which the pelvis is tilted forward resulting in increased lumbar lordosis. This is a common reason for lower back ache. This posture type results in shortened hip flexors and weakened gluteal and abdominal muscles. It can be caused and exacerbated by wearing high heel shoes.

Improvement will result from strengthening the lower abdominal muscles through core stability repetitions, especially in conjunction with gentle pelvic tilting while lying on the floor on your back with your knees bent. Another exercise that will strengthen the core stability and lower abdominal muscles is to contract these muscles toward the spine while on hands and knees in a preparatory Cat position. This contraction is held for up to 10 seconds with normal breathing. Strengthening the lower abdominal muscles will help to bring the pelvis back into a neutral position.

I have found that the Warrior posture - Virabhadrasana is excellent to stretch the hip flexors and increase the strength of the gluteal muscles needed to correct this posture type. It is important to stretch the spine up on an in breath before going into the Warrior so that there is maximal space between the vertebra to avoid any pinching pain in the lower back when doing the warrior or extended warrior. Persistent pain however is a strong message to avoid doing this posture until the lower back is stronger.

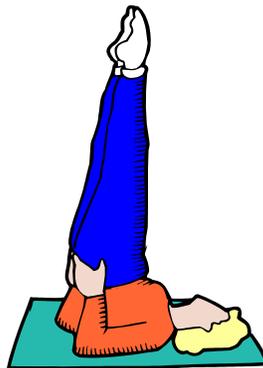
The Cat posture, is excellent for easing lower back pain and getting gentle movement in the lower back area. It also helps to move any trapped energy or emotions in the lower spine that might be contributing to lower back discomfort. However students with increased lumbar lordosis must take great care not to over extend in the cat posture. This posture is excellent for toning the core stability muscles that support the lower back.

As the gluteal and hip flexor muscles improve the Vitality sequence is also of tremendous benefit for lumbar lordosis. The Bridge, also helps to increase the strength of the gluteal muscles especially if it is held comfortably for a longer period of time. Again if any discomfort or pain is

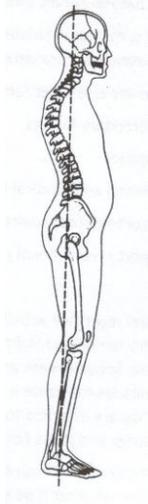
felt it should not be held. Beginners should always begin to do the Bridge in gradual progressions. The Crane – Bakasana, or the Locust –Salabhasana, also help to strengthen the gluteals and stretch the hip flexors. But these should be done with caution for anyone with lower back problems.

Practising the forward bend both in a sitting and standing position helps to stretch and reduce the tightness in the hamstrings that results when the gluteal muscles are weak. I find this posture extremely beneficial when my lower back is sore. Sometimes I find the sitting forward bend very strong as it pulls on the lower back and kidney area but I find if I do it very gently and gradually ease lower and lower the relief it gives is immense. The standing forward bend may be too strong for some people with back problems and should be attempted with care with the knees kept slightly bent. An alternative is to lie on your back and use a sash or belt hooked around one foot to gently ease a raised straight leg toward your head. Your other leg remains bent on the floor and your lower back keeps contact with the floor where it is supported. Your arms have each end of the sash and exert a gentle pull on the sash. After holding for 30seconds you relax and then find you can stretch a bit further a second time.

When my lower back got quite sore before I did yoga I used to find that exercises and activity aggravated my back, so I would rest and avoid doing any stretches etc. Now however I am confident I can ease out most cases of lower back pain that I experience that are not injury related but just due to the stresses and strains of normal life. In my case lifting twin babies all day. I like to lie on my back with my knees clasped to my chest and rock from side to side or circling on the sacrum as it rests on the floor. This helps to stretch the lower back and massages the sacrum and attachment of many of the lower back muscles. It also gets energy moving from this area up the spine. I find it is then natural to go into the Lying Spinal Twist and give the lower back and kidney area a good stretch. This helps to release any fears that are holding me back and causing back ache. Then I like to do the Shoulder Stand and allow the tension to drain away. When I lower into the Plough I stretch my whole spine and feel the fear and tension easing away as I hold this posture. I then like to do the Sitting Forward Bend and move into a gentle twisting posture such as the Cow's Face posture, Gomukhasana or The Half Spinal Twist – Ardha Matsyendrasana. These twists help to stretch gluteus minimus and medius and piriformis all of which I have found get tight and contribute to my lower back and sacro-iliac joint discomfort. Finally I like to do the Dog or the Cat postures followed by a Half Cobra or Spinx, if it does not pinch my lower back. If it does I do a standing back extension supporting my hips with my hands. After this series of postures my lower back ache will usually have released and disappeared.



Kyphosis Lordosis Posture



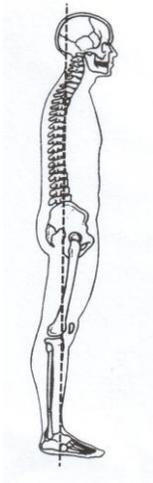
Correct Posture



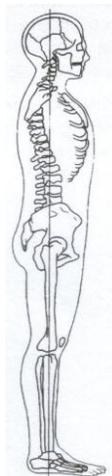
Many people stand in a posture that has both an increased thoracic kyphosis and an increased lumbar lordosis. All of the exercises and postures mentioned for each separate presentation would be relevant to help correct this posture and bring the body back into alignment. EBR2 is an excellent sequence for this posture as it stretches and strengthens all of the relevant muscles for this posture type.

Flatback is relatively common. This is where the head is held forward and the upper thoracic area is rounded whereas the lower thoracic area is flattened. The natural kyphotic curve of the thoracic area is lost. The pelvis is often tilted backward due to tight and short hamstrings. The hip flexors become long and weak and the knees need to be locked into hyper-extension to enable the person to stand upright.

Flatback Posture



Correct Posture



To restore the natural kyphotic curve of the thoracic region the Cobra or the Spinx would be beneficial. At first a person exhibiting this postural type may find the Cobra quite uncomfortable and have very limited movement. Very gradual progression would be needed. The Cat posture would be excellent for gently restoring movement to the thoracic vertebra.

To lengthen short tight hamstrings the Sitting or Standing Forward Bend is excellent, as is the Dog posture. Providing no acute lumbar disc problems or sciatica are apparent JanuSirsasana or the head to knee pose would be beneficial. It is important in this posture that the student extends the spine first before flexing at the hip joint and does not reach further forward than is comfortable. As the hamstrings lengthen they will allow the pelvis to tilt forward into a neutral position which will mean the hip flexors naturally shorten and strengthen as they are used. Any activity that lifts the thigh higher than vertical will strengthen the hip flexors.

In all standing yoga postures someone with a flatback needs to be reminded not to lock the knees and to consciously contract the core stability muscles to tilt the pelvis back into a neutral position.

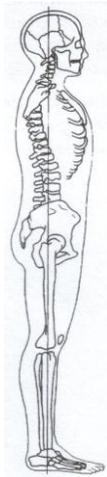
As for lumbar lordosis, improvement will result from strengthening the lower abdominal muscles through core stability repetitions, especially in conjunction with gentle pelvic tilting while lying on the floor on your back with your knees bent.

Swayback is a common posture in teenagers or anyone who slouches a lot. The head is forward so that the deep neck flexors are lengthened and weakened while the posterior neck muscles are tight and shortened. The thoracic spine sways backwards slightly increasing the kyphotic curve and lengthening the back extensors. The lumbar lordosis is reduced and flattened because the hip flexors are long and weak, the gluteals are weak and the hamstrings are short and tight. This forces the knees into a locked hyper-extended position.

Swayback Posture



Correct Posture



All of the neck exercises in EBR 1 would benefit someone with this posture type as they will develop the strength of the neck flexors and ease the tension in the neck extensors and enable them to stretch and lengthen. The same postures and exercises mentioned earlier for lengthening the hamstrings and strengthening the gluteals would be beneficial for someone with this postural type.

It is worth noting that the Complete Spinal Alignment Sequence would be beneficial to all of these postural types and in fact to anyone with spinal problems as it works on the deep postural muscles of the spine. It works to strengthen these muscles so that they in turn can support the spinal structure in the way that they are designed to do. Students in a yoga class who have been identified as having particular problems with their back could be advised to learn the sequence as it is taught in class and to practise it 2-3 times per week for a period of six weeks. This will help to eliminate any spinal pain resulting from muscle imbalances or poor posture.

Guide to Postures For Back Problems:

Crocodile	Anyone who experiences lower back pain in this posture should avoid it or try a pillow under the hips.
Cat The Mast	Anyone with hyper-mobility of the spine should take care not to over extend.
Bridge	Anyone who has had recent whiplash or cervical neck problems should not do the final stages.
Tiger	Anyone with sciatica should avoid the initial spinal flexion
Tree	Anyone who experiences back discomfort or pain should avoid. It is particularly important for people with back problems to engage core stability muscles to support the spine.
Half Spinal Twist	Anyone with spinal disc problems should take care and stop if there is any pain.
Standing or Sitting Forward Bend Rotated Triangle Camel The Crane Head to Knee The Mast The Maltese Cross	Anyone with acute sciatica, recent disc injuries or pain in the neck or lumbar regions should avoid these postures.
Extended Triangle	Anyone with back problems must do these postures slowly and with
The Parrot	care. It is important to contract the core stability muscle.

