



REDUCE LOWER BACK PAIN

Mitigate on-the-job stress and injury with strength, flexibility, and mindfulness



COW

Wrists under shoulders, knees under hips. Lift your chin as you drop your belly and inhale. Alternate Cat/Cow poses 10 times while breathing.



CAT

Press middle spine up while exhaling and tucking chin. Alternate Cat/Cow poses 10 times with deep breaths. Warms up the spine.



BUTTERFLY

Stretches hips, knees, and thighs. Keep your spine straight with feet together. Pull feet closer to the body for a deeper stretch. Hold for 10 deep breaths.



BREATHE

Inhale while counting to six then hold your breath for a count of six. Exhale for six seconds then hold for six. Repeat.



BRIDGE

Strengthens the spine and stretches the psoas. Keep chin tucked and head straight. Press up with an inhale and hold for 3 breaths, 10 reps.



TRIANGLE

Keep back straight and rotate ribs toward ceiling while elongating spine. Strengthens legs and stretches hips and hamstrings. Hold for 5 breaths, 5 reps.

FOR MORE INFORMATION:

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