

Vinyasas for spine health

WWRA Varsity Girls
August 2017
version 2.7

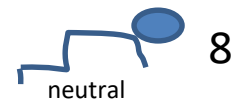
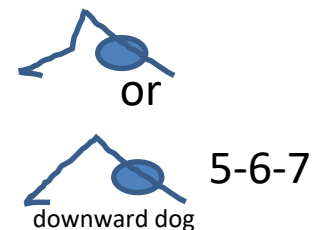
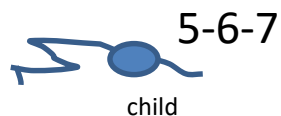
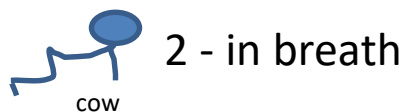
VINYASA 1

Supple spine

Pre-row

12 or 20 breath cycles

Begin



End

Vinyasa themes
awaken spine
supple spine
compression
hamstring stretch
pelvic rockover

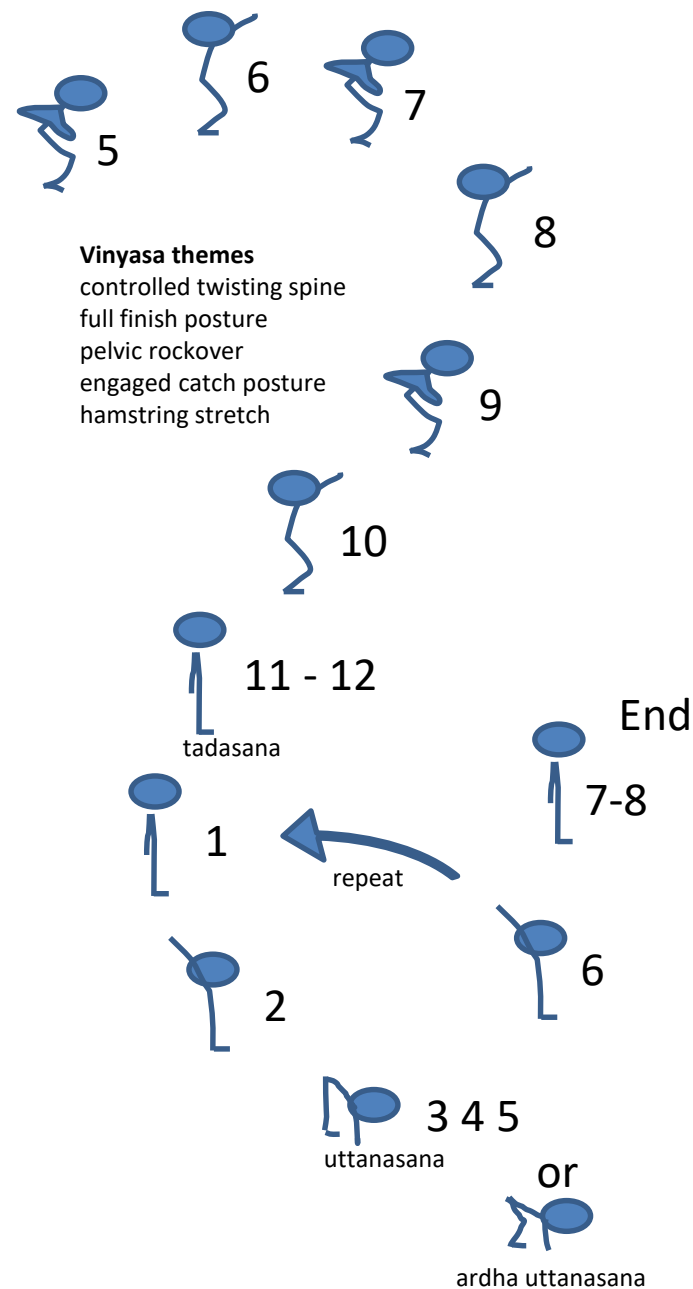
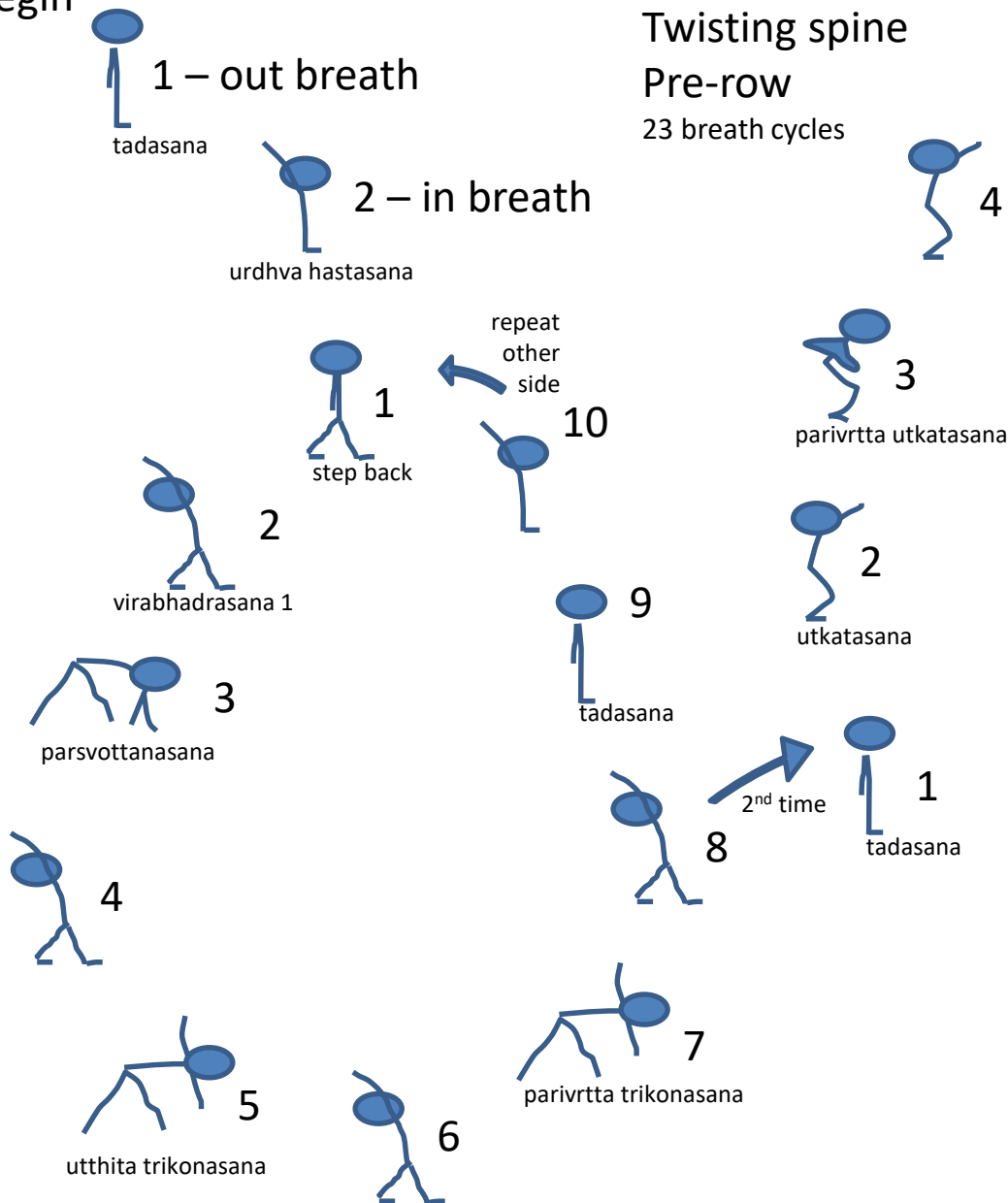
Begin

VINYASA 2

Twisting spine

Pre-row

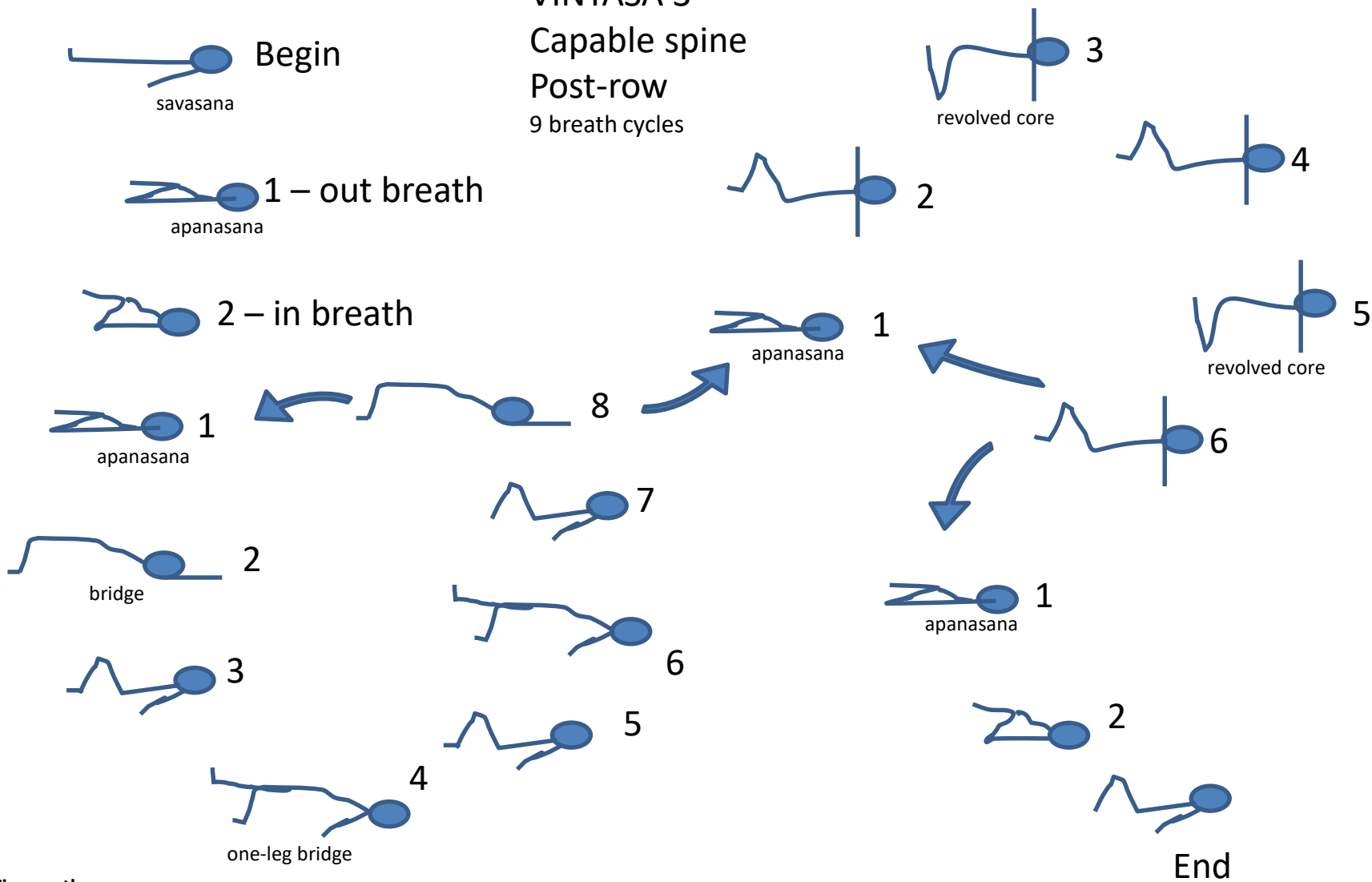
23 breath cycles



Vinyasa themes
controlled twisting spine
full finish posture
pelvic rockover
engaged catch posture
hamstring stretch

VINYASA 3

Capable spine
Post-row
9 breath cycles

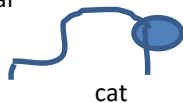


Vinyasa themes
capable spine
compression at catch
strong send
engaged core
engaged twist

Begin

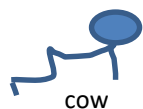


neutral



cat

1 - out breath



cow

2 - in breath



child

3-4-5



cobra

6



balasana

13-14-15



bhujangasana

12



7



locust

8



salabhasana

10



9

VINYASA 4

Strong spine

Post-row

8 breath cycles

End



neutral

16



bitilasana

Vinyasa themes

strong spine

strong finish

compression at catch