

Week 2. Spinal Nourishment

YOGA OFF THE MAT

Options for applying what we did in class into your daily life:

If you are spending a lot of time sitting at a desk, driving or in one position, take a moment to invite the breath into your spine. You might take regular breaks to move your spine in all it's directions even just for a couple of minutes from your seated position.

YOGA ON THE MAT

During your practice this week, even if it's short, make sure to take your spine through all it's possible movements whether it's seated, on all fours or standing. This means including:

Flexion – forward bending

Extension – back bending

Lateral flexion – side bending

Rotation – twisting

Axial extension – lengthening

You could use this video to guide you: <https://samloe.yoga/spinal-flossing/>

NOURISHING YOGA Moves with Sam Loe

Spinal Elongation



Let gravity be your friend and let everything come to rest as you face down.

As you breathe observe how the two ends of your spine alternately condense toward your waist and then release away again in both directions.

Which phase of the breath asks the spine to elongate and which to condense? Just allow it to happen, elongation of the spine happens through relaxation, not effort.

You can reinforce the elongation through directing your intention but you cannot create release any more than a surfer can create a wave..

Up Puppy



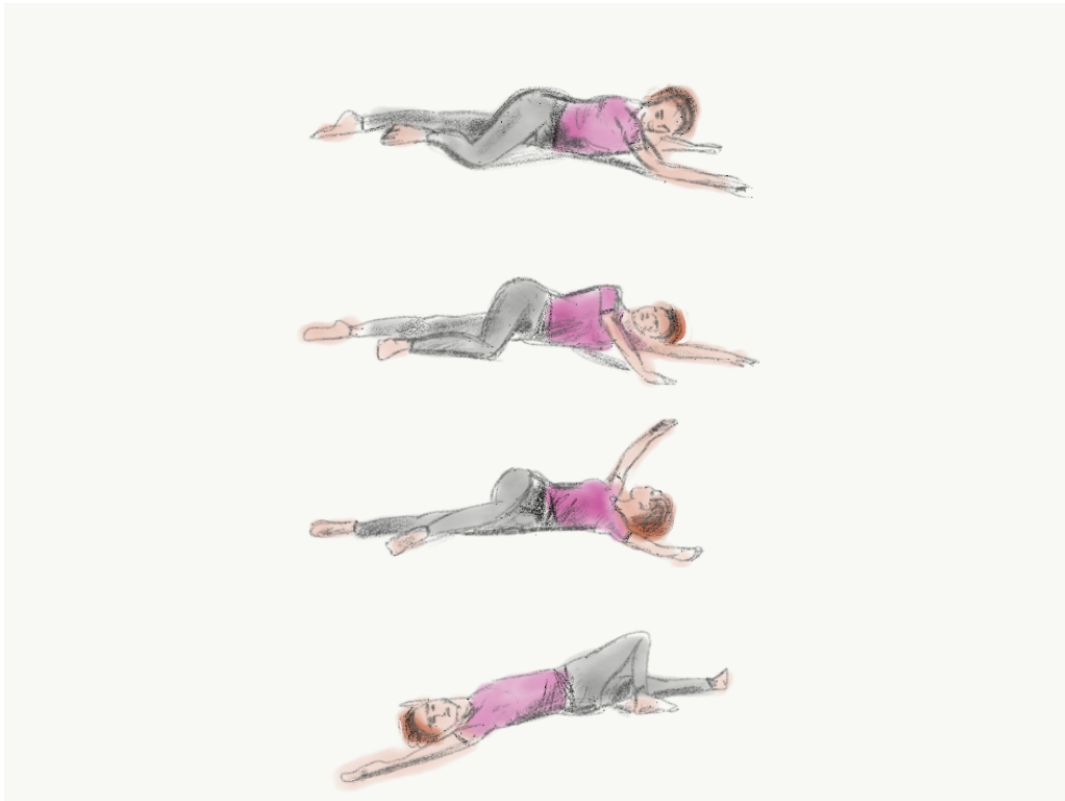
With this new found sense of breath moving the spine, from the prone position, gently lift the head off the ground and bring your forearms forwards to support a gentle spinal extension.

Feel into the sensations of your spine and back. Notice areas of tension as well as ease, from both a skeletal and muscular sensation.

Take this into the Up Puppy Spiral Sequence.

NOURISHING YOGA Moves with Sam Loe

Up Puppy Spiral Sequence



From Up Puppy position gently turn the head using your soft gaze to observe the space all around you including over the right shoulder. Feel how your pelvis and torso shift and accentuate the compression through the waist by bending the right knee slightly. Do this a movement a few times on each side until you find a natural smoothness.

The next time you are on the right side, bring the left arm diagonally over and then reach the right arm and shoulder up and over until the upper back pours onto the floor behind you. Release the knee off the ground to stay a few breaths in the twist.

To come back onto your belly, reach the right arm and leg away from one another. Do this a few times on each side before returning to Up Puppy position to feel what sensations and movements are now available in your spine.