

# Yoga for Coping & More

## Phases 9-10: Back Stretches

Start Star Pose on Back. Perform both sides when appropriate.

- A:** Knees to Chest: side rock and roll.
- B:** Knees to Chest: front rock and roll.
- C:** Supine windshield wiper (supta sucriandhrasana).
- D:** Supine twist & stretch (foot to fingers).
- E:** Figure Four stretch.
- F:** Bridge (setu bandha sarvangasana) or Wheel.
- G:** Shoulder Stand (sarvangasana) or Inversion.
- H:** Happy Baby Pose (ananda balasana).
- I:** Diamond Pose (relax under stress).
- J:** Savasana, Star Pose, Corpse Pose.
- K:** Long body stretch of arms & legs.
- L:** Knees to chest & roll to fetal position.
- M:** Seated position of choice.
- N:** Close with Aum and Namaste.

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