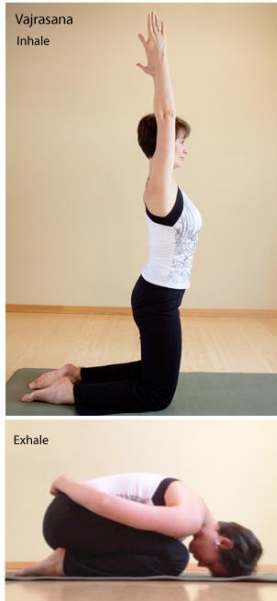


Transcript to Accompany Audio Recording #4

Caution: Not all poses work for everyone with sciatic pain. Therefore, please skip poses that aggravate your condition and focus instead on the ones that feel good & that strengthen. For a program adapted to your specific needs and condition contact Joanne@innerjourney.ca



Thunderbolt

- Look straight ahead and sweep the arms overhead.
- Draw abdominals in as you sweep the arms out to the side and down bending the elbows as you place the back of the hands on your back. Relax the head, neck and shoulders for a brief pause.
- To come up again sweep the arms out to the side and up over head, squeezing the buttock muscles slightly. It's ok if you can't get your head to touch the floor.
- Repeat 4-6X



Hands of Knees & Knee Circles

- Lay on your back and place one hand on each knee cap
- Circle the knees in opposite directions.
- Keep head down.

Butterfly (bound angle pose) with Bridge



- Builds strength but also requires strength.
- Come into butterfly or bound angle pose (legs apart like an open book
- Engage buttock muscles and lift. You will be lifting with the outer edges of the feet on the floor. Pause. Come down and repeat 4-6X.

Remedial Yoga for Sciatica
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Fig.1



Fig.2



Fig.3

Wheel Movement

Stretches and relieves tension in your back and shoulders.

- Lift your head slightly, creating a gentle back bend in your low back by lifting your tail bone. Fig.1 (If back bends hurt, skip this part of the movement).
- Now round your back, head down and exhaling as you bring your hips back towards your heels. Remember to bend the elbows as you bring your hips back. Do not press hands into the floor. Fig 2 (If forward bends hurt, do a gentle backbend and instead of a forward bend come to a no-pain neutral position for your back. Skip Fig 2 & 3).
- Pause at the end of the movement then return to the first position. (Keep you spine neutral if back bends hurt).
- Repeat these movements 4-6x.

Rest in Child (Fig 3) or on your back.