

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.



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.



Cobra –

Strengthens pelvic structure and back muscles that support the spine.

Legs stay on floor:

- Lift chest twice, shoulders away from the ears with thighs touching (feel a gentle squeeze between thighs and in the buttock). Then...
- Lift chest twice with legs slightly apart
- Lift chest twice with legs as wide as your mat



Cobra - Three part movement:

- a. Legs together, thighs touching on floor, glutes engaged
 - b. Lift chest and stay here
 - c. Exhale as you zip up your back engaging inner core and pulling pelvic floor in and up, reducing distance between the two dimples in your back.
 - d. Hold inner core engagement and chest lift as you inhale and lift both legs keeping them together thighs touching.
 - e. Come down, rest for a moment. Repeat twice more.
- Take legs wider apart and repeat a to e (for d. the legs will not be touching).
 - Repeat the lifts up to 6x.

Wheel Movement -

See instructions on page 1.

Bridge Widening Leg Variation -

Strengthens psoas and glutes. Stretches the front of the body and hip flexors.

- Start by laying on your back, legs bent and feet on the floor a couple of inches apart.
- Mildly engage gluts, and lift hips (butt) off the floor. Hold lift for 1 to 3 breaths. Try to relax thighs as much as you can so you feel the gluts working. Bring hips to the floor and relax the muscles for a moment. Repeat two more times.
- Take legs slightly wider and repeat lifts.
- End with legs as wide as the mat and repeat lifts.

Note: Make sure feet reflect the angle of your thighs.

Option: If your back hurts when performing this exercise, instead of taking legs wider, place a yoga block between your thighs lift. Hold the lift for a few breaths. Come down to rest then repeat the lifts a few more times.

L pose -

To bring alignment into the body & stretch, strengthen.

- Bend knees to chest and draw them in by engaging your abdominals (draw belly in).
- Then straighten your legs towards the ceiling and bring your arms beside your head on the floor to form an L shape with your body.
- Release by bringing your arms to the floor beside your hips and knees to chest. Repeat 6X then rest.

