

An Introduction to Backbends

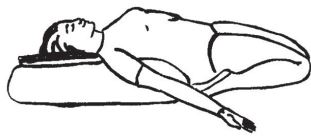
BY SOPHIE JOHNSTON, COOGEE YOGA

In our daily lives, tasks we do often involve forward-bending movements. It means the spine is being stretched from the posterior but rarely from the anterior side.

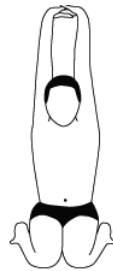
Backbends stretch the anterior of the spine, which allows the blood to circulate more freely. The chest opens, and breathing is improved. They are rejuvenating and energising and they also give courage and can help with combating depression. So here is a sequence to introduce you to backbends.

IMPORTANT — Do not do backbends if suffering from high blood pressure, or other serious illnesses, nor during menstruation or in pregnancy. If you suffer from any medical or physical condition or disability that will or might increase the normal risks associated with exercise, please check with your doctor.

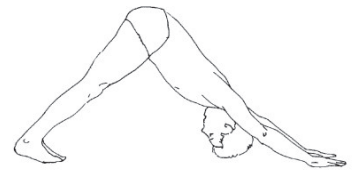
Also, if while you are practising any asana, you feel pain or discomfort stop and seek medical advice and consult a certified Iyengar Yoga teacher.



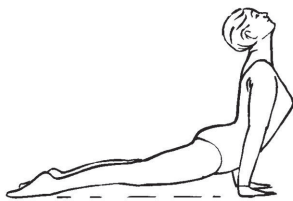
Supta virasana



Parvatasana in virasana



Adho mukha svanasana



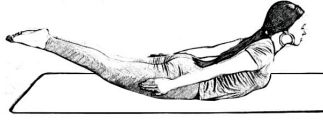
Urdhva mukha svanasana



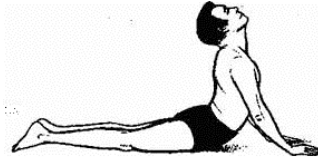
Utkatasana



Virabhadrasana I



Salabhasana I



Bhujangasana



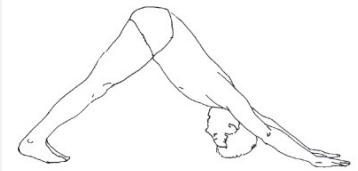
Dhanurasana



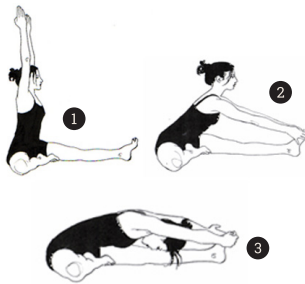
Ustrasana



Dvi pada viparita dandasana (on chair)



Adho mukha svanasana



Janu sirsasana



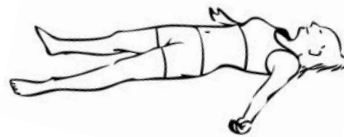
Adho mukha swastikasana



Pashimottanasana



Viparita Karani (with bolster)



Savasana