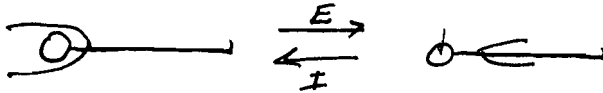


Backbending - Advanced Kathy Ornish, 2006

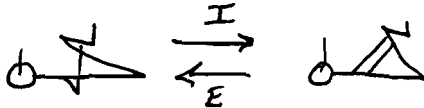
1. Deepen inhale and lengthen exhale. Feel the relation of the breath to the spine.



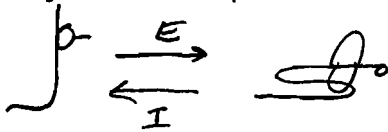
2. Inhale and raise arms. Feel the lengthening of the spine and the lift of the upper back.



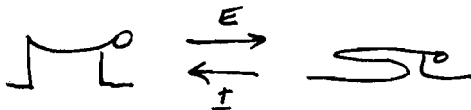
3. Exhale and pull legs to chest. Engage abdomen while exhaling and feel lower back stretch.



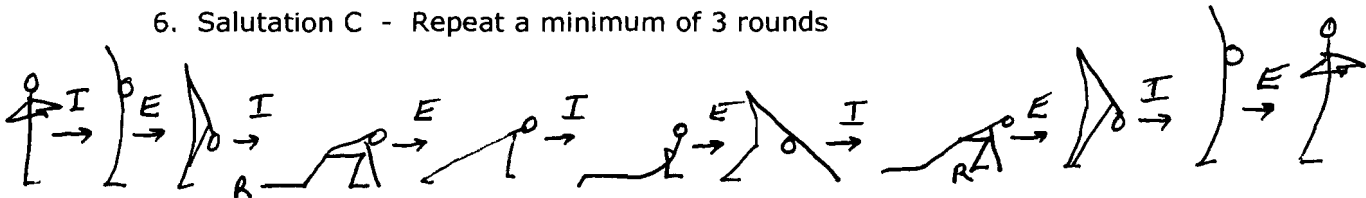
4. Vajrasana - Repeat 6X



5. Cakravakasana - Repeat 6X



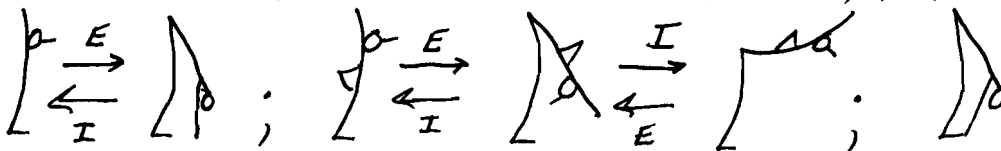
6. Salutation C - Repeat a minimum of 3 rounds



7. Virabhadrasana - Repeat 4X; Stay 2B Repeat side 2



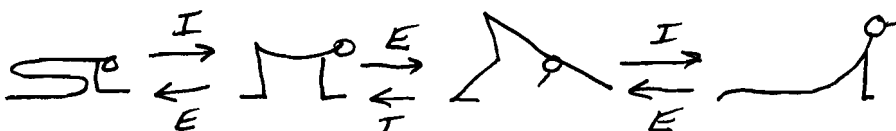
8. Uttanasana - Repeat 2X; Repeat 3X EACH SIDE, ALT ARMS; STAY 4B



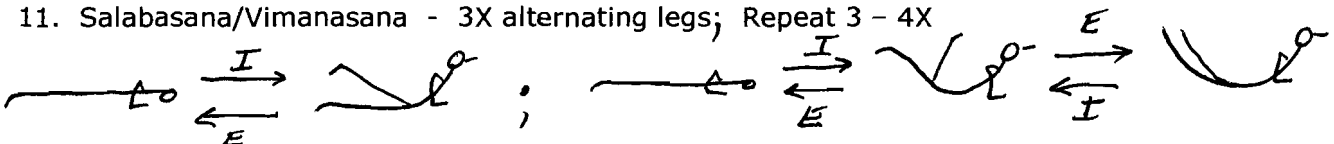
9. Lunges - Repeat 4X; Stay 4 breaths. Repeat side 2



10. Cakravakasana/Vajrasana/Adho Mukha Svanasana/Urdhva Mukha Svanasana - 3-4X



11. Salabhasana/Vimanasana - 3X alternating legs; Repeat 3 - 4X



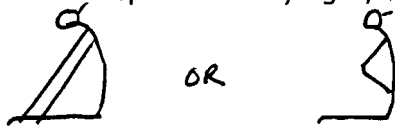
12. Dhanurasana - Repeat 3X and stay 1, 2, and 3 breaths respectively



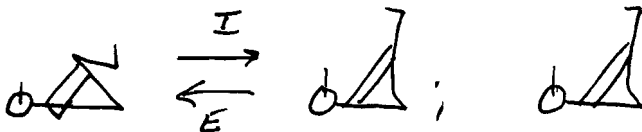
13. Adho Mukha Svanasana and/or Cakravakasana



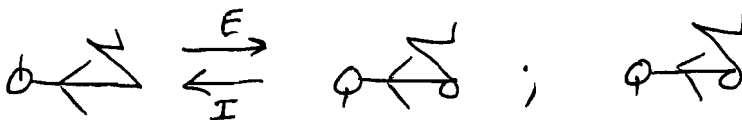
14. Ustrasana - Repeat 3X staying 1, 2, and 3 breaths respectively



15. Urdhva Prasarita Padasana - Repeat 4X; Repeat and stay 1, 2 breaths



16. Jathara Parivrtti - Repeat 2X; Repeat and stay 1, 2, 3 breaths



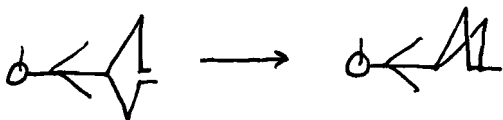
17. Maricyasana Parivrtti - Stay 6 - 8 breaths



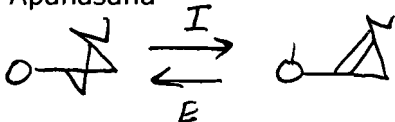
18. Pascimatanasana - Repeat 4X; Stay 4-6 breaths



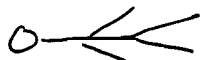
19. Supta Baddha Konasana (optional) - Repeat 2X VERY slowly lifting legs



20. Apanasana



21. Savasana



22. Sitali Pranayama - inhale through curled tongue and exhale alternate nostril.
Exhale is longer than inhale

23. Lake of Mind Meditation

Calm, glassy body of water

White moon at back of head

Light shining on calm water and reflecting off its surface and exiting the eyebrow center