



THE ART OF FLOW

SPINAL
HEALTH

WWW.YOGEA.ORG

Copyright © 2024 by Dr. Antonia Ka

All rights reserved.

No portion of this book may be reproduced in any form without written permission from the publisher or author, except as permitted by U.S. copyright law.

Published by Babili Books

Are you up for your spinal release now? Even if you are not in pain, this routine will take you through the most simple, safe, and effective core toners and back soothers (from simple to complex) you have ever tried in a yoga class. As a person who suffers from chronic back pain, I have compiled my favorite innovative and classical poses to build up your core and provide immediate spinal relief – all logically sequenced to make your back supple and strong. No preparation required, just tag along.

CORE HUG

1. Start seated, slide heels in front of knees and flex feet; clasp hands crisscrossed & squeeze outer thighs in; seal chest to knees
2. Plant feet down; lower forehead to knees, contract lower belly
3. Bend elbows, squeeze ears; point prayer up; stretch neck



CORE HUG

DIAMOND

4. Bound Twist Drop right knee and thigh down; hug left thigh; bring chest to shin & hands in prayer

MERMAID STAR

5. Drop left knee and thigh over right; tilt hips and sit on the right; bring right elbow into left elbow crease holding right shoulder with left hand; point right arm down and bend sideways



DIAMOND



MERMAID STAR

KNEELING TWIST

6. Cross your left leg over your right leg; plant your hands down on the floor, making sure shoulders are aligned over your wrists; lift your hips; twist spine to left and look over your right shoulder



KNEELING TWIST

PALM-to-SOLE

7. Bring hips down; tip to left buttock; plant left hand down; place right palm on top of left foot; press through the right metatarsal as you gaze over the left shoulder
8. Twist deeper left as you lift heel up to open hip and gaze up



PALM-to-SOLE

SHELF

9. Twist torso to the left, interlace opposite elbows; lift hips up, scoop belly; reach forehead to elbows

FAIRY HALO TWIST

10. Bend both knees; cross left leg over right, outside edge of left foot presses against outer right thigh



SHELF



FAIRY HALO TWIST

REAR LADDER TWIST

11. Twist to the right, lift hips up; plant right hand, hook right elbow with right hand; bring chin to wrist; scoop belly in



REAR LADDER TWIST

RECLINING HUG

12. Lie down on back; bring left knee to the floor, thread right hand through right knee crease; anchor left shoulder to the ground and gaze to the right

SPONGE RINSE

13. Maintain twist; interlace the elbows and twist deeply in the opposite direction

SWING

14. Release bind and twist and lift up; extend right leg long; bend left knee into the chest with the heel to the buttock; wrap hands around shin and contract lower belly as you micro-swing back and forth

SOLIDARITY twist (variation)

15. Sit up; cross left leg over right extended leg; place right elbow into left elbow crease, wrap fore arms; press palms and tip the bind so the forearms are parallel to the floor while you bend to the side.



RECLINING HUG



SPONGE RINSE



SWING



SOLIDARITY

TRIANGULATE

16. Release bind; bend right knee, plant right foot down; cross left ankle over right knee; bring left hand to the ground and grab left shoulder with right hand as you push right elbow into the left knee; gaze over right shoulder

CHAIN 1

17. Plant right foot and left hand into the floor; lift hips parallel to the ground; press right elbow into left knee and twist deeply to the left

CHAIN 2

18. Lift hips higher, deepen the twist; slide left hand to right elbow crease, and curve gaze back over left shoulder



21.

16.



17.



20.



18.



19.



SOLE HOOK

19. Bring hips down; keep ankle to knee position; place both hands behind you with shoulders over wrists, lift the hips again; open left knee twist to the right and hook sole of left foot into right knee

CURVE

20. Step the left foot parallel to the right; anchor both hands firmly down; bring hips to heels and press into the metatarsals as you scoop belly in and bring chin to chest

SYNCH

21. Walk hands over feet, slide knees to the floor; come up halfway to a stand; thread hands from under the knee creases into prayer; flatten spine; sit into chair pose so the spine is parallel to the floor; gaze forward

C-CURVE

22. Lift hips up, knees micro-bent; spine long; crisscross arms; step on opposite palms; gaze forward

PADDED MERIDIAN FOLD

23. Keep palms crisscrossed under soles; stretch knees out, hang head down



C-CURVE



PADDED MERIDIAN FOLD

PAPYRUS 1 + 2

24. Come halfway up; clasp opposite elbows; twist left; contract lower belly; lower clasped elbows down to the left side of the knee and fold sideways

25. Roll half way up; bend knees; twist deeper to the left; scoop the belly to stretch the side of the lumbar spine.



PAPYRUS

ARCHER

26. Step left foot slightly back and bend knee; flex right foot; extend right arm forward; bend left elbow back and fist hands to point thumbs up; twist the torso to the right



ARCHER

TWISTED SCROLL

27. Bend elbows; hug opposite shoulders; bend left knee deeper; flex right foot more rigorously; reach elbows down as you scoop belly in



TWISTED SCROLL

SPIDER HUG

28. Release bind; spin both feet in; bend knees so hips are parallel to the floor; reach opposite arms to opposite knees as you bend the elbows

SPIDER SPEAR

29. Keep hips parallel to floor; bring hands to opposite shoulders as you keep the elbows bent; reach elbow "spear" down to the ground

COBWEB

30. Keep hips parallel to ground, slide forearm, flatten palms on floor so opposite fingers touch toes



SPIDER HUG



SPIDER SPEAR



COBWEB

31.



32.



33.



34.



NINJA SLED

31. Lift head and torso up; keep left knee bent; extend right leg to the side as you flex the foot; bring left elbow into right elbow crease, lower forearms parallel to the floor, and push bound hands into left knee to open the hip; twist left; gaze over right shoulder

SPINDLE

32. Sit on right buttock, fold right knee to a right angle; cup left knee-cap with right hand; push knee out; wrap left hand around right shoulder; twist left and gaze over shoulder

DROWSY BEAR

33. Release the bind, clasp opposite elbows and plant into the floor; extend and thread right leg and press through the outside edge of foot; scoop the belly in; gaze down

TWIG

34. Bring hips down to recline on the right side; keep left knee bent and pressing into right thigh; right leg long and flexed; thread right arm over to left; press palms together; bend right elbow

DIAMOND KNIT

35. Come up to sit; bend both knees with soles touching; plant right hand behind hips with the shoulder over the wrist; lift hips up; arch mid-back; reach the left hand to the right elbow



DIAMOND KNIT

RABBIT 1+2

36. Come onto all fours; place crown to the floor; bend knees; flex feet with heels to the buttocks; grab the inner ankles of both feet and scoop belly in
37. Bring feet down; curl toes under; contract lower belly deeper, clasp heels with both hands



RABBIT

CHILD'S

38. Release bind; sit hips to heels; lower chest to thighs; splay knees open; bring forehead to the floor and hands into prayer at the back of the neck

HERO rear clasp

39. Sit back on your heels; clasp the right elbow with the left hand from behind; arch and twist slightly to the right; gaze over the right shoulder

CORE HUG

40. Drop hips to the side to sit on buttocks; bend knees in; flex feet; thread arms in prayer under knee creases; twist left; gaze up



CHILD'S

HERO rear clasp

CORE HUG

NAVAL CURL

41. Clasp inner shins with both hands and scoop belly in

BOAT TABLE

42. Press hands back into prayer; hug thighs into chest so shins are parallel to floor; flex feet; tuck core in; gaze forward

DELTA twist

43. Release prayer; bring feet down and roll to lie on the back; extend both legs to the left; flex heels; clasp opposite elbows; twist and gaze to the right

KNEE BAND

44. Bend and stack left knee over right; wrap arms around left shin; reach chin to knees; push out and pull in

EAGLE PLOW

45. Release bind; rock up to shoulderstand; support lower back, bringing the elbows in; keep legs bound; bring right knee to forehead

DIAMOND CRADLE

46. Undo leg bind; roll down one vertebrae at a time until you lie flat on your back; bend knees with soles touching; grab outer ankles with both hands; bring chin to chest; rock back and forth

41.



46.



42.



45.



43.



44.



DELTA FISH + FISH HUG

47. Release bind; stretch legs out; flex feet; support lower back and gluteus with both hands; arch from the mid-back; drop head down
48. Place top of head on floor; hug opposite elbows; arch higher; keep feet flexed and legs straight



DELTA FISH



FISH HUG

NECK PULL

49. Release bind; bring hands to floor and un-tuck the head; clasp neck tightly; flex feet; curl in and press elbows into knees

HAPPY BABY

50. Lower neck and head down to the floor; open knees so shins and thighs hit a right angle; flex feet; press hands into soles and push knees to the ground; as you drop the tailbone down

ZIPPED

51. Bring knees in, crisscross arms clasp hands; flex feet; point prayer up; curl in

RELAXATION

52. Relax the entire body into the floor with the palms facing up. (Prior to the final relaxation repeat the necessary poses on the other side.) Sit up to soak in the benefits of your practice and with a humble "Namaste" connect to all yoga students and teachers all over the world.



NECK PULL



HAPPY BABY



ZIPPED



RELAXATION