

Yoga for SI Pain Relief

1) Cow/Cat: inhale slowly up into Cow by lifting head and shoulders while lowering core, and relax on the exhale into Cat by lowering head and shoulders while raising the back. Slowly flow back and forth between Cow and Cat 6-8 times moving to the rhythm of your breath.



2) Cat Looking For It's Tail: In Table pose, as you inhale slowly shift the right hip a bit to the right and turn the head to the left looking back towards the left foot, returning to Table on the exhale. Repeat on the right side. Slowly flow back and forth 6-8 times in rhythm with your breathing.

3) Down Dog: From Table, on an inhale push off with the arms and legs bringing the hips up. Straighten the legs but don't lock the knees. Hips should be gently pushing up and back while the heels are reaching towards the floor. Head and shoulders should be heavy and relaxed. Hold for 4-6 breaths. [Modification-add a calf stretch by lifting one heel while lower the other and alternate in rhythm with your breathing].



4) Fetus or Child: Return to Table and slowly let the hips relax back towards the hips. Let the heart center, shoulders and head relax closer to the floor with each exhale. Arms can be out in front of the head (Child) or back towards the feet (Fetus). Hold for 8-12 breaths, letting mind and body relax completely.



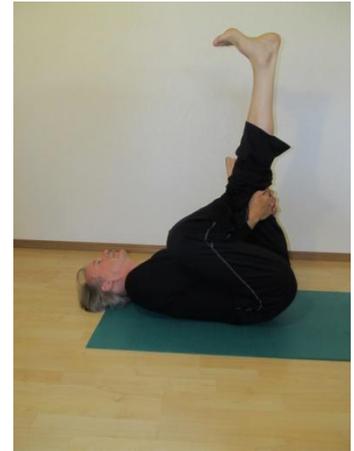
5) Bridge: Slowly roll over onto your back with your knees facing up and your feet in close to the glutes and your arms along your sides. As you inhale, slowly lift your hips. Either hold the hips up for 3-5 breaths, or alternate lifting the hips up on the inhale and lowering on the exhale.



6) Reclining Pigeon: Letting the hips down from Bridge pose, bring the right knee in towards the chest and wrap the hands around the thigh (Single Knee Tuck). Hold for several breaths before releasing and letting the right ankle cross over onto the left thigh. Reach the hands around the left thigh and gently pull in with the head and shoulders down on the mat. Hold for 6-8 breaths. [Modification-after



wrapping the hands around the left thigh and holding for several breaths, try bringing the left leg up and pointing the heel towards the ceiling for 3-4 breaths, and perhaps rotating the foot several times each direction]. Then switch legs.



7) Double Knee Tuck: Starting with the knees pointing up and the feet in towards the glutes, bring both knees in towards the chest and wrap the hands around the thighs or shins. Hold for 4-6 breaths, and then add a gentle rocking from side to side for 3-5 breath cycles before bringing the feet down.



8) Reclining Butterfly: Bring the bottom of the feet together and let the knees relax outwards. Bring the arms into a T and focus on letting the body relax. The legs and knees should feel heavy and drawn towards the floor (note-a block can be placed under each knee if desired). Hold for 10-12 breaths before ending the practice and slowly getting up.

