



IT'LL BE JUST SPINE

A quick guide to doing yoga with spinal problems

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BACK PROBLEMS SUCK

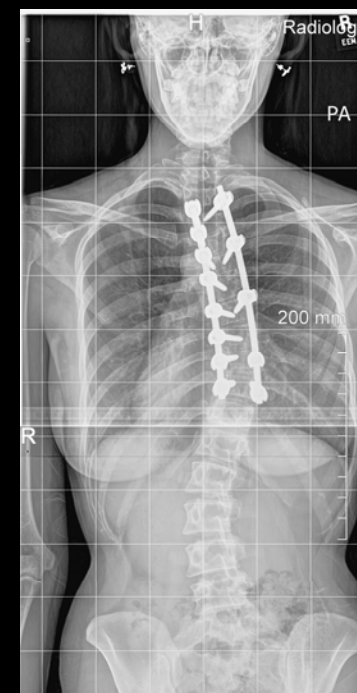
Trust me I get it. I've had back problems for over half of my life. So I understand the pain and frustration that go along with spinal problems. When I first started taking yoga, a little over a year after my surgery, I was extremely self-conscious about how my body moved. Or didn't move... Over the past few months I have started to figure out my limitations and what made me feel fantastic during my yoga practice. Your back might be like mine or yours could be totally different! I hope that either way my tips help you enjoy yoga more and feel better about your spine.

This is my fantastic spine

Before



After





TIP # 1 – WHO CARES!?

- Seriously though who cares?
- I can almost guarantee that not one person is looking at you
- Everyone is focusing on their own personal experience and you should too
- So the first tip is to realize that there are no expectations from anyone



TIP #2 – NO PAIN...NO PROBLEM!

- Do not do any pose that you think will hurt you in any way, shape, or form.
- You will gradually begin to learn your own limits in how your body moves after a class or two.
- Seriously don't hurt yourself...



TIP #3 – TELL THE INSTRUCTOR

- Telling the instructor will only benefit you
- They will try to find alternative yoga poses to do instead of the crazy pretzel ones that you think might break you into pieces.
- They won't judge you at all.
- They really only want to help you have the best yoga class in the whole world.



TIP #4 –POSES TO AVOID

There are some poses that I think are pretty difficult for anyone with back problems. So I'll go through those and add some alternatives that you can do instead.

WHEEL IS PRETTY INTENSE – TRY TABLE INSTEAD

Wheel – My back doesn't
even like looking at this one



Table – Much Better 😊



INSTEAD OF FORWARD FOLD DO CHAIR!

Forward Fold – Just wow...



Chair



FORWARD BEND

This pose can be painful. I suggest, instead of bending down and touching the floor, keep your back straight and do a chest opener by stretching out your arms behind your back.



HAMSTRING TROUBLES

Before the surgery I had bad hamstrings, now they are even more tight. I find it very painful to do a lot of the hamstring poses.

Legs spread and flat on the floor



My Alternative - Butterfly





TIP #5 – POSES TO LOVE

There are some poses that I think are absolutely perfect for those of us with spinal troubles. They stretch out my body and they don't hurt me.

MY TWO FAVORITE YOGA POSES EVER

My back always feels extra fantastic after doing a couple Cat-Cows. Sometimes I just do them in the morning to wake up and feel better!

Cat



Cow



GREAT SPINAL TWISTS – DON'T TWIST TOO FAR, GO AS FAR AS COMFORTABLE



SPINAL BALANCE

I like this pose a lot.
When I was in physical
therapy I was told to
do this.



“YOGA IS NOT A RELIGION. IT IS A SCIENCE, SCIENCE OF WELL-BEING, SCIENCE OF YOUTHFULNESS, SCIENCE OF INTEGRATING BODY, MIND AND SOUL.”

– Amit Roy, *Yoga and Vipassana: An Integrated Life Style*





BE CAREFUL – LOVE
YOUR SPINE – HAVE FUN!