

Strengthening the back muscles can help to prevent injuries and the aches and pains that come with sleeping on a thin mattress. You do not need a yoga mat – a towel or blanket is fine.

1



Cat/Cow

Hands and knees.

Tuck tailbone and chin to round back. Stay for up to 5 breaths.

Dip back and lift head for up to 5 breaths too.

2



Lie on Front

Pause and relax your back and body.

3



Locust prep

Lift and lengthen left arm and right leg for up to 5 breaths.

4



Locust prep

Lift and lengthen right arm and left leg for up to 5 breaths.

5



Upper locust

Link fingers behind back.

Raise chest.

Stay lifted for up to 5 breaths.

Then rest on your front for 5 breaths.

6



Lower locust

Place hands under front of hips.

Raise legs for up to 5 breaths.

Rest on your front for 5 breaths.

Cautions

- Do not do this if you are in pain, or have sciatica or a slipped disc.
- Go gently focusing on your breathing.
- If it hurts, stop & rest.

(Please turn over)

Tips

- Place a towel or blanket on the floor.
- Choose how long to remain in each position, up to 5 breaths.
- Then spend a few minutes or more in sitting or walking meditation (see back page).

7



Full locust

Reach arms in front.

Raise arms and legs together for up to 5 breaths.

Rest on your front for 5 breaths.

8



Plank

Place hands under shoulders. Tuck toes under.

Push hands into floor to lift upper body. Engage core.

Push into heels to lift lower body. Stay for up to 5 breaths.

9



Cobra

Place hands under shoulders.

Use back muscles to raise upper body. Stay for up to 5 breaths.

10



Cat

Hands and knees.

Tuck tailbone and chin to round back. Stay for up to 5 breaths.

11



Home

Rest elbows and forehead down.

Drop seat towards heels.

Stay for up to 5 breaths.

12



Recover/Rest

Lie on your back.

Rest back muscles.

Eyes open or closed, stay for around 10 minutes.

“Begin afresh, afresh, afresh.”

Philip Larkin, Poet