










Flexibility of the thoracic spine for flute players (Backbends)

Jennifer Seubel

• 60 mins • Beginner/Intermediate • Backbends



To find more ease in the often stiff area of the thoracic spine I highly recommend this sequence.

 <p>1. Easy Pose • Sukhasana</p>	 <p>2. Seated Neck Rolls</p>	 <p>3. Wrist Shake Exercise Close Up shake out wrists</p>	 <p>4. Thoracic Breathing</p>	 <p>5. Diaphragmatic Breathing Variation Ribs Close Up -hands to the rib cage -use Uddiyana Bandha, navel towards the spine -feeling the expansion of the rib cage and the thorax while breathing in in</p>	 <p>6. Seated Cat Cow Pose • Upavistha Bitilasana Marjaryasana</p>	 <p>7. Wrist Rolls Exercise Hands Clapsed</p>	 <p>8. Table Top Pose • Bharmanasana</p>	 <p>9. Cat Cow Pose • Bitilasana Marjaryasana</p>
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10. Downward Facing Dog Pose • Adho Mukha Svanasana



11. Plank Pose • Phalakasana



12. Eight Limbed Pose • Ashtangasana



13. Cobra Pose Elbows Bent • Bhujangasana



14. Downward Facing Dog Pose • Adho Mukha Svanasana



15. Standing Forward Fold Pose • Uttanasana



16. Upward Forward Fold Hands On Shins • Ardha Uttanasana



17. Standing Forward Fold Pose • Uttanasana



18. Volcano Pose • Urdhva Hastasana



19. Mountain Pose • Tadasana



20. Mountain Pose Palms Facing Forward • Tadasana Palms Facing Forward Palms and pubic bone facing forward Same tension as in the breathing exercise before



21. Volcano Pose • Urdhva Hastasana



22. Standing Forward Fold Pose • Uttanasana



23. Half Forward Fold Hands On Floor • Ardha Uttanasana



24. Plank Pose • Phalakasana



25. Square Bracket Section



26. Eight Limbed Pose • Ashtangasana



27. Cobra Pose Elbows Bent • Bhujangasana



28. Downward Facing Dog Pose • Adho Mukha Svanasana



29. Three Legged Downward Facing Dog Pose • Tri Pada Adho Mukha Svanasana



30. Runners Lunge Pose Variation • Uthita Ashwa Sanchalanasana Variation



31. Low Lunge Hands To Knee • Anjaneyasana



32. Low Lunge Pose Yoga Mudra • Anjaneyasana Yoga Mudra



33. Plank Pose • Phalakasana



34. Square Bracket Section

Left Side

35. Section Left Side



36. Repeat Poses Arrow



37. Downward Facing Dog Pose • Adho Mukha Svanasana



38. Standing Forward Fold Pose • Uttanasana



39. Volcano Pose • Urdhva Hastasana



40. Extended Mountain Pose With Backbend • Utthita Tadasana With Backbend
Puppig bone forwards
Uddiyana banda
Backbend in the upper spine



41. Standing Forward Fold Pose • Uttanasana



42. Half Forward Fold Hands On Floor • Ardha Uttanasana Hands On Floor











43. Plank Pose • Phalakasana



44. Square Bracket Section



45. Eight Limbed Pose • Ashtangasana

 46. Upward Facing Dog Pose • Urdhva Mukha Svanasana	 47. Downward Facing Dog One Hand Up • Adho Mukha Svanasana	 48. Three Legged Downward Facing Dog Pose • Tri Pada Adho Mukha Svanasana	 49. High Lunge Pose • Ashta Chandrasana	 50. Crescent High Lunge Pose Variation • Back Knee Bent • Ashta Chandrasana	 51. Crescent High Lunge Shoulder Opener • Ashta Chandrasana	 52. Warrior Pose I Bound Hands Humble Warrior Flow • Virabhadrasana I Baddha Virabhadrasana Vinyasa	 53. Plank Pose • Phalakasana	 54. Square Bracket Section
55. Left Side Section Left Side	 56. Repeat Poses Arrow	 57. Downward Facing Dog Pose • Adho Mukha Svanasana	 58. Puppy Dog Pose • Uttana Shishosana	 59. Child Pose • Balasana	 60. Child Pose Variation Hips 2 • Balasana	 61. Downward Facing Dog Pose • Adho Mukha Svanasana	 62. Upward Forward Fold Pose • Urdhva Uttanasana	 63. Standing Forward Fold Pose • Uttanasana
 64. Volcano Pose • Urdhva Hastasana	 65. Chair Pose • Utkatasana	 66. Standing Forward Fold Pose • Uttanasana	 67. Plank Pose • Phalakasana	 68. Square Bracket Section	 69. Four Limbed Staff Pose • Chaturanga Dandasana	 70. Upward Facing Dog Pose • Urdhva Mukha Svanasana	 71. Downward Facing Dog Pose • Adho Mukha Svanasana	 72. Three Legged Downward Facing Dog Pose • Tri Pada Adho Mukha Svanasana



73. Three Legged Downward Facing Dog Pose Variation Stacked
 • Tri Pada Adho Mukha Svanasana Variation Stacked



74. Wild Thing Pose •
 Camatkarasana



75. Three Legged Downward Facing Dog Pose Variation Stacked
 • Tri Pada Adho Mukha Svanasana Variation Stacked



76. Runners Lunge Pose •
 Utthita Ashwa Sanchalanasana



77. Warrior Pose II •
 Virabhadrasana II



78. Warrior Pose I Bound Hands Humble Warrior Flow •
 Virabhadrasana I Baddha Virabhadrasana Vinyasa



79. Reverse Warrior Pose •
 Viparita Virabhadrasana



80. Plank Pose •
 Phalakasana



81. Square Bracket Section

Left Side



82. Section Left Side

83. Repeat Poses Arrow



84. Crocodile Pose •
 Makarasana



85. Reverse Clamshell Pose Flow



86. Sphinx Pose •
 Salamba Bhujangasana



87. Locust Pose Arms Raised •
 Salabhasana Arms Raised



88. Crocodile Pose •
 Makarasana



89. Locust Pose Legs On Floor •
 Salabhasana Legs On Floor



90. Crocodile Pose •
 Makarasana



91. Table Top Pose •
 Bharmanasana



92. Downward Facing Dog Pose •
 Adho Mukha Svanasana



93. Standing Forward Fold Pose •
 Uttanasana



94. Volcano Pose •
 Urdhva Hastasana



95. Mountain Pose •
 Tadasana



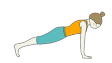
96. Chair Pose •
 Utkatasana












97. Standing Forward Fold Pose •
 Uttanasana

















98. Upward Forward Fold Pose •
 Urdhva Uttanasana





99. Plank Pose •
 Phalakasana

 100. Four Limbed Staff Pose • Chaturanga Dandasana	 101. Upward Facing Dog Pose • Urdhva Mukha Svanasana	 102. Downward Facing Dog Pose • Adho Mukha Svanasana	 103. Intense Leg Stretch Pose • Prasarita Padottanasana	 104. Horse Pose • Vatyanasana	 105. Revolved Goddess Pose • Parivrtta Utkata Konasana	 106. Five Pointed Star Pose • Arms Up • Utthita Tadasana Arms Up	 107. Volcano Pose • Urdhva Hastasana	 108. Standing Forward Fold Pose • Uttanasana
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 109. Upward Forward Fold Pose • Urdhva Uttanasana	 110. Plank Pose • Phalakasana	 111. Eight Limbed Pose • Ashtangasana	 112. Upward Facing Dog Pose • Urdhva Mukha Svanasana	 113. Downward Facing Dog Pose • Adho Mukha Svanasana	 114. Table Top Pose • Bharmanasana	 115. Camel Pose • Ustrasana	<p style="text-align: center;">Or</p>	 117. Camel Pose Variation Toes • Ustrasana Variation Toes
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<p style="text-align: center;">Or</p>	 119. Camel Pose Blocks • Ustrasana Blocks	 120. Wide Child Pose • Prasarita Balasana	 121. Staff Pose • Dandasana	 122. Seated Forward Bend Pose • Paschimottanasana	 123. Wind Release Pose • Pawanmuktasana	 124. Happy Baby Pose • Ananda Balasana	 125. Supine Spinal Twist Pose II • Supta Matsyendrasana II	<p style="text-align: center;">Left Side</p>
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 127. Repeat Poses Arrow	 128. Corpse Pose • Savasana
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