

Asana: 1 - Abdominal work on roller ( abdominal work on roller )



Benefits/Comments: a way to work abs and protect the back

Variation Comments: ab work

Technique: 1

Description: Begin by lying the spine on the roller. Be sure the head is on the roller.



Technique: 2

Description: Keeping your pelvic tilt, begin to march with the knee bent, lower abs pulled in and the waist on the roller.



Technique: 3

Description: Bring both feet to the floor in preparation for the other leg.



Asana: 1 - Abdominal work on roller ( abdominal work on roller )



Technique: 4

Description: Keeping your pelvic tilt, begin to march with the other knee bent, lower abs pulled in and the waist on the roller. You are alternating your legs lifting as you make sure you place both feet on the floor between legs. Do at least 10 rounds of lifts.

Asana: 2 - roller on back ( roller on back )



Benefits/Comments: opens up muscles in the back

Variation Comments: roller on spine



Technique: 1

Description: Start by lying the spine on the roller. Be sure that the head is totally on the roller. Place hands to the side while you find your balance.



Technique: 2

Description: Roll to one side of the spine. If you can maintain your balance, hug yourself while you move.

Asana: 2 - roller on back ( roller on back )



Technique: 3  
Description: Roll to the other side. Continue for at least 10 times.

Asana: 3 - finishing the lying on roller sequence ( finishing the lying on roller )



Benefits/Comments: open up the back without stressing it.  
Variation Comments: getting off the roller with the optimum benefit



Technique: 1  
Description: Slide hip down to floor.



Technique: 2  
Description: Then slide shoulder and head to floor.

Asana: 3 - finishing the lying on roller sequence ( finishing the lying on roller )

Technique: 3

Description: Come totally onto the back and roll the roller away from you...lie there for at least 10 breaths. Feel your back on the floor.



Technique: 4

Description: Bend the knees up over the body.



Technique: 5

Description: Roll to side, Use top hand and bottom elbow to push yourself up gently.



Technique: 6

Description: Now push yourself to an upright position.