

Welcome to The Essential Low Back Program

Use chair variations on page 80- 83 in class and at home if you have wrist, knee or hip issues.

Weekly Objectives – This is your guide for the next 6 weeks.

Week #1

- Practice Session #1
- Breath awareness and coordination of breath and movement
- Staying in pain free range
- Practice two part exhale and engagement of lower abdominals with the exhale

At Home:

1. DO Session #1, daily with audio disc and book
2. Read to page 31 in booklet for week #2

Week #2

- Discuss any questions or concerns
- Review of breathing
- Mini-workshop on the fascia/connective tissue
- Practice Session #2
- Practice engagement of pelvic floor muscles along with the lower abdominals with the exhale and integrate into practice

At Home:

1. Practice Session #2, daily with audio disc and **remember to engage pelvic floor with the exhale as you engage the abdominals.**
2. Review anatomy or finish reading the first 31 pages
3. Please **view video** on the inner core. Go to **YouTube.com** and enter "Yoga Core Muscle Animation" by **Essential Yoga Therapy.**

Week #3

- Discuss any questions or concerns
- Mini-workshop on the Inner Core and practice engagement in postures
- Practice Session #3 in class with emphasis on inner core

At Home:

1. Practice Session #3 daily
2. Practice inner core engagement in your breathing practice and in postures. This includes the SHHHH breath, the pelvic floor and the abdominals.

Week #4

- Discuss any questions or concerns
- Practice Session #4 while integrating the core muscles as appropriate in poses

At Home:

1. Practice Session: alternate with practices 2 or 3 with practice #4 throughout the week if you are sore with practice #4.
2. This practice gets into the primary muscles that stabilize the SI joints (pelvis).
3. Best to keep proper form with fewer repetitions, than many repetitions with poor form and/or pain!

Week #5

- Discuss any questions or concerns
- Focus on side bending with proper form
- Practice Session #5

At Home:

1. Practice #5 or alternate between practice 1 – 5
2. Remember to stabilize the core when side bending.
3. Read/review pages 16-19
4. If you have any questions or if you want to review any parts of the program, please make a note of it and bring it up in class.

Week #6

- Discuss any questions or concerns
- Bring up anything you are unclear about for review
- **The science of sequencing**
- How to work safely “off-book” to create your own practice
- We’ll put together a well-sequenced practice using the sequencing principles so you know how to do it.
- Evaluation forms

Please note:

The whole program can be reviewed as many times as you wish.