

# Backbends for Newer Students 6-18 Months Experience



Pixie has put together a backbend sequence targeting students with 6-18 months experience. This sequence aims to consolidate your basic backbend practice with accessible poses to build your capacity for a fuller backbend practice.

## Sequence steps



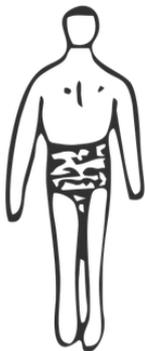
Supta Baddhakonasana  
3-5 minutes  
Lying over a bolster with head support or 3 blankets folded lengthwise in half, with head support.



Virasana Forward  
1 minute



Adho Mukha Svanasana  
On the breath.  
Alternating downwards to Virasana forwards. Synchronise movement with the breath. Repeat 6-8 times.



Tadasana  
30 seconds



Urdhva Baddanguliyasana  
30 seconds per side  
Change once.



Paschima Namaskar  
30 seconds  
Hold elbows if palms don't come together.



Gomukhasana Arms  
30 seconds  
30 seconds each side.



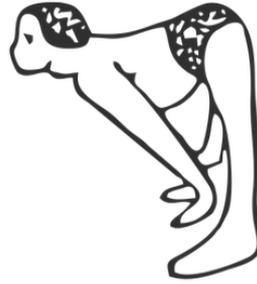
Adho Mukha Svanasana  
45 seconds  
Hands to wall - palms on floor, index finger and thumb to the wall.



Adho Mukha Vrksasana  
15-30 seconds  
Walk feet up wall if not able to kick up to wall - elbows straight.



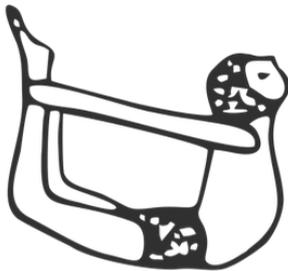
Parsvottanasana  
45 seconds  
Concave spine, hands to floor or to bricks if you can't reach.



Prasarita Padottanasana (Concave Spine)  
1 minute  
Concave and then head towards floor.



Sirsasana  
5 minutes  
Preparation with or without blocks if unable to go up.



Dhanurasana  
10-25 seconds  
Hold belt if can't reach ankles - stretch toes back away from you. Repeat twice.



Ustrasana  
15-20 seconds  
Take both hands to feet both at the same time. Put a bolster on lower calf if can't reach. Keep shins pressing into floor, and backs of knees open 90 degrees. Head in line with the shoulders to keep throat soft. Come up pressing shins to floor, hips forward, chest forward, head last.



Chatushpadasana  
20 seconds  
Place hands under heels and lift buttocks up - use belt around ankles if can't reach. Repeat once. Second time, hold ankles (or belt to ankles) and lift buttocks and outer hips high up. Big toes onto floor, knees pointing forward. Repeat 3 to 4 times.



Setu Bandha Sarvangasana  
1.5 minutes  
Upright brick under sacrum, knees straight, big toes into floor.



Adho Mukha Svanasana  
45 seconds  
Place lengthways broad edge of brick high up between thighs.



Uttanasana  
1-2 minutes  
Hands to shins or floor, brick for thighs, release spine as muscles give space to go down.



Virasana Forward  
45 seconds

As you come down to virasana, place brick between navel and sternum so chest rests on brick. Take more height under chest as needed to keep full support. Repeat 2 X.



Supta Padangusthasana I  
30 seconds per side  
With brick or rolled blanket under outer hip/thigh as going to side.



Supta Padangusthasana II  
30 seconds per side

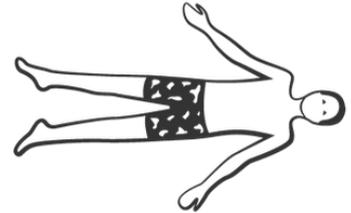


Halasana  
5-7 minutes

If not able to practise halasana, legs up the wall with 1/3 bolster folded up the wall, blanket on the bolster and feet to wall (60 degree angle for legs) blanket for neck, shoulders to floor.



Virasana Forward  
1-2 minutes  
Over bolster.



Savasana  
5 minutes  
Bolster under knees if back still tight.