

Postures: Backbends



Var One leg raise bridge pose. (see upwards facing bow var. for details)

Breath	Earth element	Bandha move	Observation
I	Feet	Away from spine	Shoulders are free. Hips above line between knees and shoulders. Shoulders can walk towards heels without strain. Neck is not braced. Thighs parallel, knees above ankles. Feet as parallel as comfortable. UB protects back, no sense of compression in lower back. Look for bend in the thoracic spine. Reverse to return to the floor
Mods	Support the movement of the bandhas with fingertips on lower back. Or Interlock fingers behind back and draw towards the floor		



Breath	Earth element	Bandha move	Observation
I	Feet	Away from spine	Give direction to the bandhas. No pushing through the hands or shoulders. Instead release the shoulders towards the feet and allow minimal action in the arms as the body floats up. Keep the attention in the feet.
Mods	Hold the ankles of someone standing astride the head and facing the prone body. Reduces the need for an open heart.		

Var one leg raise upward facing bow



Breath	Earth element	Bandha move	Observation
I	Foot on the floor	Away from spine	Supporting leg takes all the weight. Rotate supporting leg inner thigh toward floor to stabilise support. Raised leg should rise weightlessly
Mods			

Var one leg raise upward facing bow



Exiting



Breath	Earth element	Bandha move	Observation
I	Sitting bones	Away from spine	Bent leg close to parallel with straight leg. Knee remains comfortably on the floor throughout. Arch even throughout spine. No compression in the lower back. No strain in the hip, knee or ankle otherwise come out of the posture to a point where there is no strain..
O	Sitting bones	Towards the spine	With elbows on the floor for support, the movement of the bandhas raises the head off the floor effortlessly, without strain in the neck. Retain hands on floor to avoid strain in the back when coming into sitting.
Mods	Only go as far as can keep the knee on the floor. If the bent knee comes off the floor, come back out of the posture until knee returns to floor.		