

THE SIX DIRECTIONS OF THE SPINE SEQUENCE



1. Hands to heart
(inhale/exhale)



2. Hands to sky
(inhale)



3. Hands interlaced behind the head, elbows toward the ears, and fold forward
(exhale)



4. Roll up to seated
Hands to Sky
(inhale)

Repeat steps
1 through 4
four to six times



5. Hands to heart
(exhale)



6. Hands to sky
(inhale)



7. Right Turn
(exhale)



Right Turn
(side view)



8. Hands to sky
(inhale)



9. Left Turn
(exhale)



Left Turn
(side view)



10. Hands to sky
(inhale)



11. Hands to heart
(exhale)

Repeat steps
5 through 11
four to six times



12. Hands to heart
(inhale/exhale)



13. Hands to sky with
Temple Pose hands
(inhale)



14. Side Bend (R)
(exhale)



15. Hands to sky with
Temple Pose hands
(inhale)



16. Side Bend (L)
(exhale)



17. Hands to sky with
Temple Pose hands
(inhale)

Repeat steps
12 through 17
four to six times



18. Hands to heart
(inhale/exhale)