

15 YOGA POSES TO RELIEVE BACK PAIN FROM SCOLIOSIS AND SPINAL FUSION



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Welcome

Hey! Welcome. I'm so glad you're here.

I designed this ebook just for you so your back can finally stop bothering you. I know exactly what it's like to feel aches and pains in your back all day. Whether it's from working from home, posture misalignments, or scoliosis it's not fun!

I specifically designed this guide to help you:

- bring more movement and fluidity to your spine,
- release muscles that can tug and pull and lead to back pain,
- release chronic tension you may be feeling in your body,
- help strengthen the muscles along your spine to give your back the support it needs to counter the effects of gravity, and
- increase your mobility and move with ease.

What's also awesome..... is all of this will also help improve your posture and lead to less aches and pains too!

I understand you may have done yoga before or you may never have done yoga before, but wanted to try it! Whether you've done it before or not, you may be a little unsure about how to do the yoga poses safely or unsure about the best yoga poses for you to do. That's why I've designed this book with step-by-step instructions so that no matter where you're at you can get started and begin to feel better today.

I know what it can be like to live with aches and pains all day. I was diagnosed with scoliosis when I was 15 or 16 and had spinal fusion surgery when I was 17. During my adult life I've battled aches and pains AND **I've relieved those aches and pains with yoga.**

I was lucky. I discovered yoga in college when I was 22, and I've been practicing yoga ever since. It is the one thing I've found that can keep my aches and pains at bay. It builds overall body strength and flexibility to keep my body feeling its best.

Meet Your Guide

Hi. I'm Becky Brose, Ph.D. and I am going to help you feel stronger, longer, and more balanced and at ease in your body. Get ready to release old aches + pains and love the body you're in!

In 1996 my spine was surgically fused from T3 to L2 to help correct scoliosis in my lumbar and thoracic spine. I put the surgery off as long as I could to finish out my high school senior year field hockey season. Up to this point sports were my life. After the surgery I headed off to college. My competitive sports life was behind me. Fortunately in 2000 I was introduced to yoga and have been practicing ever since.

I didn't let my spinal fusion stop me from trying yoga and once I tried it, I was hooked!

I had no idea the impact yoga would have on my life.

Yoga consistently keeps my back, shoulder, and hip pain at bay and creates a deep sense of physical and mental peace that I haven't found elsewhere.

These therapeutic effects of yoga both, on my body and my mind, keep me returning to my mat. When you find something that works wonders, you share it with others.

After earning a Ph.D. in human genetics and molecular biology, I began teaching yoga, training yoga teachers, and learning as much as I could about the beneficial effects of yoga, meditation, and other mind-body practices. Researching the benefits of mind-body practices is kind of my thing.

One of my greatest joys in life is using the lessons I have learned from my own body and mind and teaching others how to feel better in their bodies and minds. Now I've combined my mind-body and scientific knowledge as well as my personal experiences and created **Whole Body Reset: Refine + Realign** to share these incredible practices with you so you can release chronic tension, relieve your aches + pains, improve your posture, feel great in your body, continue to build strength, and move fluidly as you age.



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One of the things I've loved about yoga is that even with spinal fusion I'm able to adapt each of the poses to work for my body.

Now let's talk about you and how you can release all too familiar aches and pains and feel better in your body than you have in years!

In this book, I've given you clear step-by-step instructions to enter and exit each pose. Remember to **adapt the poses to your body**. I've given you a few options in some places to help you with this.

If you've played sports in high school you may remember being told to give it 110%. In yoga we want to look for **steadiness and ease in each pose**. Think of going 70-80% instead of 110%.

I've started you off with a breath-centered practice to create a steady inhale and exhale rhythm. Keep that same even inhale and exhale as you move in and out of each pose and as you hold each pose. In some of the poses you may want to go deeper than others. That's okay. Let your breath guide the intensity of each pose.

You can go through this whole book as a single practice or pick and choose the poses you want to do. If you start from the beginning and go to the end, I've set it up in a very logical order that should make sense in your body. You may also want to try one or two poses here or there to see how they feel or because you have less time. Give yourself permission to not have to do everything today.

You'll see the most benefit if you are doing these practices consistently. Imagine what could happen if you did these practices at least three times a week.

I can't wait to hear how this is working for you. Please send me an email and let me know how you like it, becky@beckybrose.com.

Let's get started!!!

Becky

Disclaimer: The information provided in this book is not intended to be medical advice or therapy. If you have a medical issue or question, please consult a physician. Please be sure you are medically cleared to start any exercise program including yoga. You agree to work according to your own limitations; take full responsibility for your own safety and well-being; and release Rebecca Brose from any liability associated with her instruction. If you experience any pain or discomfort, listen to your body and adjust the posture. If something does not feel right, please back off or do not do it. Stay connected with your breath and aware of your body's needs. This program was designed based on Becky's experience of yoga + spinal fusion in her own body and personal research and training in yoga and back care.

Getting Started



Here's what I recommend to get started:

- Yoga mat or a flat surface to practice on.
- A strap. You can also use an old tie or a towel as a strap.
- A folded blanket.
- Optional: yoga blocks. Books are a good substitute.

1. Seated Breath Awareness



1. Begin your practice by connecting with your breath.
2. Find a comfortable seat on your mat. You may sit cross-legged as above, kneeling on your heels, or in a chair.
If you are seated cross legged:
For added comfortable, sit on the edge of a folded blanket. Allow your pelvis to tilt slightly forward and sit directly on your sitting bones to avoid rounding your lower back. Instead keep the natural curve of your low back.
If you are kneeling:
You may want to place a blanket between your seat and your heels to decrease the angle at your knees and find more comfort.
3. Rest your hands on your knees or folded at your heart (as shown here).
4. Once you have found your seat, find a soft gaze ahead or allow your eyes to close all the way.
5. Breath in through your nose. Allow your belly to rise, your chest to fill, and your collar bones to lift. Exhale. Let the breath flow all the way out.
6. Inhale for a count of 4 or 6. Exhale for a count of four or six.
7. Take 4 more rounds of breath.

TIP

Throughout the poses that follow, aim to keep an even inhale and exhale. If you notice that you're holding your breath or your breath feels labored, find a level of effort in the pose that allows your breathing to stay with an even inhale and exhale. Finding a balance between effort and ease in each pose. Using your breath as your gauge.

2. Child's Pose *Balāsana*



1. Come down to your mat.
2. Separate your knees mat distance apart and bring your big toes to touch.
3. Sit back on your heels.
4. Extend your torso over your thighs.
5. Stretch your arms out long in front of you and place your palms down.
6. Rest your forehead on your mat. If there is a gap between the floor and your forehead, add a block or pillow under your forehead. Supporting your head on something allows your neck muscles to relax.
7. If your seat isn't touching your heels, fold a blanket and use it to bridge the gap between your seat and your heels. This will give your body something to relax back into and create more release through your hips.



BENEFITS

- Stretch your ankles, thighs, and hips
- Lengthen your spinal muscles and lats
- Relax your neck muscles
- Stretch your intercostal muscles around your ribcage
- Calm your nervous system
- Relieve stress + fatigue

TIP

Take a deep inhale and expand your lower back, midback, upper back, and your ribcage. Release the breath (exhale) and settle into the pose.



3 & 4. Cat & Cow Pose *Marjaryasana & Bitilasana*



Tabletop Pose

1. Start on all fours.
2. Place a blanket underneath your knees if you prefer a little padding.
3. Place your knees your hip distance apart.
4. Place your hands directly under your shoulders.
5. Find a lengthened, neutral spine at first.
6. Extend your tailbone back and the top of your head forward.
7. Length both sides of your waist and elongate your neck.
8. Draw your navel in slightly to support your low back.



Cow Pose/Cat Pose

1. Start from Tabletop Pose, use your inhale to move into cow pose and an exhale to move into cat pose.
2. Inhale, draw your chest through your arms and lift your hips/tailbone toward the sky. Allow your neck to follow the curve of your spine and look up, cow pose. Think backbend.
3. Exhale, round your spine and draw tailbone towards your hands, cat pose. Look back toward your belly button.
4. Explore if you can move vertebra by vertebra and distribute the pose along the length of your spine.
5. Inhale back into cow pose and exhale back into cat pose. Repeat for 3-5 rounds.
6. You may wish to rest in child's pose for 3-5 breaths after you are done.

Note: If you have less spine mobility or spinal fusion, such as myself, focus on continually extending your spine and distributing the backbend as evenly as possible. Reach your tailbone back and up and your chest forward and up to avoid overarching at any one particular location. Give yourself permission to do what your body needs and not what your mind may want. Sometimes less is more.

Benefits

- Warm up your hips, spine, and shoulders
- Open your chest and abdominal muscles
- Mobilize your spine with extension (cow) and flexion (cat) movements
- Engage your spinal extensors and trapezius muscles (cow)
- Stretch your back muscles including your spinal extensors, lats, rhomboids, and trapezius muscles (cat)
- Engage your abdominals and psoas (cat)

5. Half Sun Salutation

For the poses on this page and the next page, you may hold each pose for 3-5 breaths before moving to the next. Or, use this as a warm-up. Move into one pose on an inhale and into the next pose on an exhale.



Equal Standing Pose

Samasthiti

1. Stand at the top of your mat with your feet your hip distance apart.
2. Extend your arms by your sides.
3. Align your 2nd toes forward and your heels straight back.
4. Press your feet firmly into the floor.
5. Lightly draw your belly button in and up as you extend from the base of your spine through your upper back, neck, and crown of your head.
6. Relax your shoulders away from your ears.
7. Rest your gaze on a spot ahead of you.
8. Take 3-5 breaths in this tall stance.

Benefits

- Helps improve posture and straighten your spine
- Counters the degenerative effects of aging and gravity



Upperward Salute

Urdvha Hastasana

1. Inhale. Upperward Salute. Raise your arms overhead.
2. Relax your shoulders away from your ears.
3. Turn your palms to face toward one another.
4. Lengthen equally through the sides of your waist.
5. If your shoulders are tight, raise your arms as high as is comfortable.

Benefits

- Stretch your abdomen, shoulders, and under arms
- May help relieve mild anxiety



Forward Fold

Uttanasana

1. Exhale. Forward fold. Reach your chest forward and fold over your legs. You may sweep your arms to the side and down or bring your palms together and draw your hands through the midline of your body as you fold.
2. As you fold, rotate your pelvis forward. Bend your knees if you need to help your pelvis rotate forward or to avoid rounding in your lower back.
4. Rest your fingertips/hands on a chair, blocks, or the floor. Choose the best height for you.
5. If you experience any back pain, you may want to fold halfway and rest your hands on your upper thighs .

Benefits

- Opens and stretches your whole back body including legs (calves, hamstrings), hips (glutes), and back muscles
- Tones your internal organs
- Calming and stress-relieving

5. Half Sun Salutation (cont)



Half Forward Fold *Ardha Uttanasana*

1. Inhale. Halfway lift. Slide your palms up your shins (or keep them on the chair, if using a chair).
2. Lengthen your spine as you reach your chest through your arms.
3. Imagine the shape of an upside down "L".
4. Support your low back. Draw your navel towards your spine.

Benefits

- Stretch your front body
- Strengthen your back
- Improve your posture



Forward Fold *Uttanasana*

1. Exhale. Forward fold. Fold over your legs.
2. Bend your knees as much as you need to.
3. Rest your fingertips/hands on a chair, blocks, or the floor. Choose the best height for you.



Upperward Salute *Urdhva Hastasana*

1. Inhale. Upperward Salute. Either place your hands at your waist and raise your arms overhead. Or, sweep your arms directly overhead.
2. Turn your palms to face one another.
3. Exhale. Return to equal standing pose with your hands by your sides or together at your heart.

TIP

To warm up your body, repeat this half sun salutation 1-3 times. Move into one pose on an inhale and the next on an exhale. Follow the breath cues.

6. Low Lunge *Anjaneyasana*



From a halfway lift (previous page):*

1. Exhale. Low lunge. Step your left foot back and lower your left knee to the ground.
2. Place the top of your left foot on the floor.
3. Stack your right knee directly over your ankle.
4. Keep your hands shoulder distance apart on the floor/blocks for stability. Or, place your hands on your hips (top) or reach your arms overhead (bottom).
5. Draw your belly button in and up as you lift your upper body away from your pelvis.
6. Avoid overarching your low back. Keep the natural curve of your low back.
7. As your body opens, shift your pelvis forward.
8. Gaze at one spot straight ahead.
9. Hold for 3-5 breaths.
10. Repeat on the left side.

*You could also enter the lunge by stepping one leg back from standing or start in table top pose (all fours) and step one foot forward into a lunge.



Benefits

- Counters everyday sitting and office work
- Stretches your hips, thighs, and lats
- Strengthens your front thigh, gluts, back, and shoulders
- Improves your balance and focus

7. Low Lunge with Side Bend *Parsva Anjaneyasana*



From a low lunge with your right foot forward:

1. Inhale your left arm straight over head and place your right arm on your right hip or extend it straight down.
2. Exhale, low lunge with a side bend.
3. Press firmly down through the top of your left (back) foot and right (front) foot.
4. Reach your left arm up and then over to the right side.*
5. For stability, hug your outer hips in towards center.
6. Draw your bottom ribs in toward you.
7. Keep your neck aligned with your spine.
8. Gaze up.
9. Stay 3-5 breaths.
10. Inhale back to center.
11. Exhale your hands to the mat and switch sides.

*Note: If you have any lateral/side movement restrictions in your spine including spinal fusion, focus first on lengthening your spine straight up and then add any amount of bend to the right. Allow the focus to be on the lengthening up and over rather than the depth of the side bend. This will allow you to lengthen your side body without overtaxing any one vertebral junction.

Benefits

- Stretch your spinal muscles including your quadratus lumborum (QL) and psoas
- May relieve low back pain
- Stretch your abdominal muscles and intercostal muscles
- May improve breathing capacity
- Improve your balance and focus

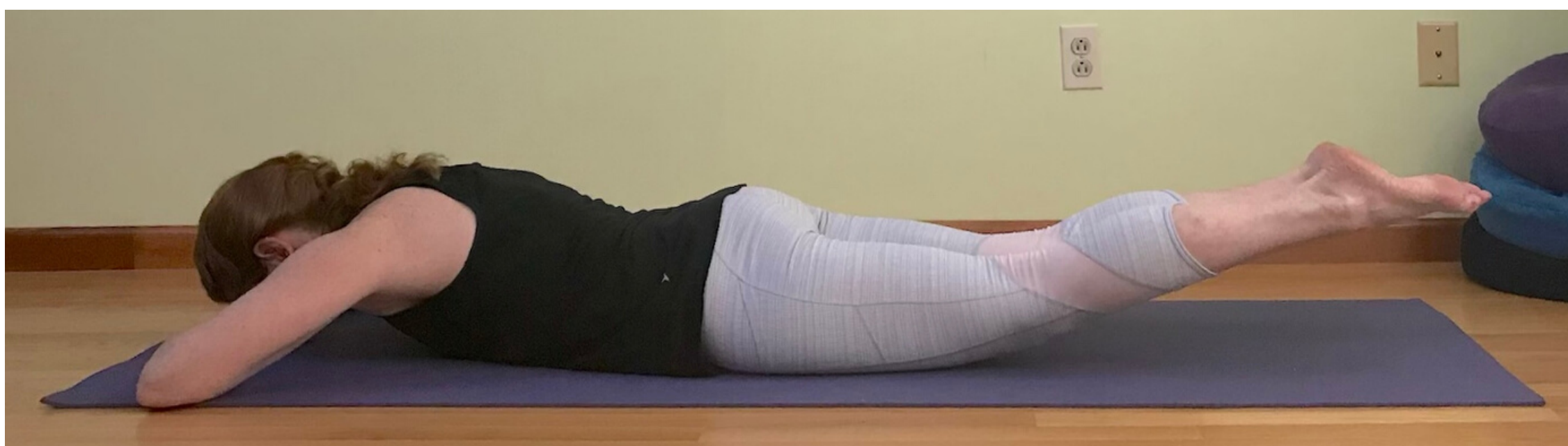
8. Locust Variation *Salabhasana*



1. Lay down on your belly.
2. Place your legs your hip distance apart with the tops of your feet face down.
3. Place your hands one on top of the other under your forehead and rest your forehead on your hands.
4. Inhale. Extend back through your right toes and float your right leg off the floor.
5. Exhale. Lower your right leg down.
6. Inhale. Extend back through your left toes and float your left leg off the floor (above).
7. Exhale. Lower your left leg down.
8. Continue like this for 2-3 rounds of breath or inhale float both legs off the floor (below) and hold for 1-5 breaths.
9. Exhale to release down.
10. Turn your big toes toward one another and your head to one side.
11. Relax for a few breaths.

Benefits

- Improve posture
- Elongate and strengthen your back muscles
- Reposition and realign your lumbar vertebrae
- Strengthen your hip extensors
- Stretch your hip flexors muscles
- Energize your spine
- May relieve back pain



9. Cobra/Locust Variation



1. Lay down on your belly.
2. Place your legs your hip distance apart with the tops of your feet face down (above).
3. Place your hands with your fingers spread wide under your shoulders. Point your elbows straight up.
4. Inhale. Extend back through your right toes. Float your right leg off the floor and reach your chest through your arms as you lift your chest, shoulders, and head away from the floor.
5. Keep your neck in line with the lift of your spine.*
6. Exhale. Lower your right leg down.
7. Repeat with your left leg #4-6.
8. Continue like this for 2-3 rounds or inhale float both legs off the floor (below) and hold for 1-5 breaths.
9. Exhale to release down.
10. Turn your big toes toward one another and your head to one side.
11. Relax for a few breaths.

*Note: If lifting your chest and/or head seems inappropriate for your body, stay with the previous pose, Locust Variation.

Benefits

- Improve posture
- Elongate and strengthen your back and neck muscles
- Reposition and realign your lumbar vertebrae
- Strengthen your hip extensors and shoulders
- Stretch your hip flexors, abdominal, and chest muscles
- Energize your spine
- May relieve back pain



10. Half Knee-to-Chest with Leg Extension *Ardha Apanasana with Extension*



1. Lay down on your back.
2. Bend your knees.
3. Place your feet your hip distance apart on the mat (top).
4. Inhale your right knee into your chest and interlace your fingers behind your right thigh (middle).
5. Exhale extend your right leg as straight as it will go to the sky as you flex your right foot (bottom). There may still be a bend in your right knee depending on the flexibility of your right hamstring.
6. Inhale, draw your right knee into your chest.
7. Exhale, extend your right leg to your version of straight.
8. Repeat this inhale/exhale sequence 3-5 times. Then hold your leg straight and draw it closer to your face for 3-5 breaths. If it feels okay, you may straighten your bent/bottom leg to the floor.
9. Inhale your right knee into your chest.
10. Exhale return to both knees bent.
11. Repeat on the left side.



Benefits

- Stretch your low back, hips, hamstrings, and calves
- Massage your abdominal organs to aid digestion
- Helps align your pelvis
- Release stiffness in your low back
- May reduce back pain and improve sciatica



11. Extended Hand-to-Toe Pose *Supta Padagustasana B*



1. Make a small loop in your strap or use a tie or towel in place of a strap.
2. Start from bent knees with both feet on the floor.
3. Inhale your right knee into your chest.
4. Loop the strap around the ball of your right foot. If you don't have a "strap", hold behind your right thigh with your right hand.
5. Exhale straighten your right leg to the sky.
6. Inhale here.
7. Exhale open your right leg to the right side. Hold onto the strap or if you have your thigh, hold the outside of your right thigh.
8. Once you have opened your leg to the right, support your outer right thigh on a stack of pillows or a blanket to allow the muscles to release.
9. Keep your left hand on your left hip. Anchor your left hip to the floor.
10. You have the option to straighten your left leg and point your toes down.
11. Stay for 3-5 breaths.
12. Inhale back to center.
13. Exhale draw your knee into your chest.
14. Remove the strap and return to bent knees.
15. Repeat on the left side.

Benefits

- Stretch your hamstrings, calves, and inner thighs
- Release stiffness in your low back
- May reduce back pain
- Helps align your pelvis

12. Dynamic Bridge *Setu Bandha Sarvangasana*



1. Lay down on your back.
2. Bend your knees.
3. Place your feet your hip distance apart on the mat. Lengthen your arms by your side, palms down.
4. Inhale press down through your feet.
5. As you lift your hips, sweep your arms overhead and back behind you (top).
6. Exhale, lower your hips back to the mat as you sweep your arms back to your sides (middle).
7. Repeat for 3-5 rounds.
8. After the last round, keep your hips lifted and bring your arms back to your side (bottom).
9. Stay there for 1-5 breaths, depending on your comfortable level. Think of drawing your tailbone through your calves to keep length along your spine.
10. Lower your hips back down with an exhale.
11. Rest for a few breaths.

Note: If backbends do not feel appropriate for your spine at this time, give yourself permission to skip this pose.

Benefits

- Open the front line of your body
- Stretch your thighs, hips, abdomen, and chest
- Strengthen your hamstrings, glutes, back, and shoulders
- May calm your nervous system
- May relieve back pain
- May reduce stress, mild depression, and/or anxiety



13. Supported Twist *Jathara Parivartanasana*

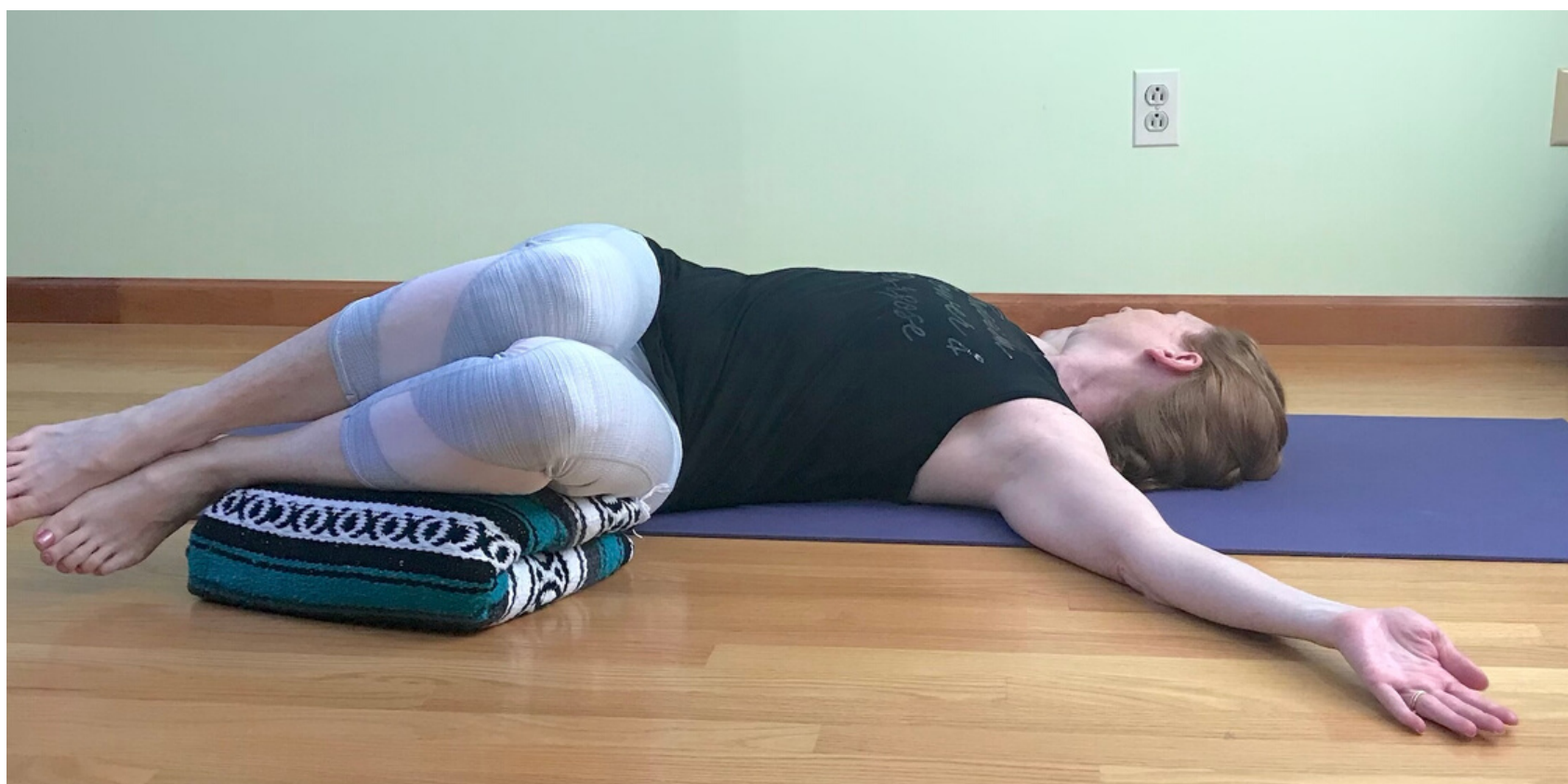


1. Lay down on your back with your knees bent and your feet on the floor.
2. Open your arms out into a T-shape.
3. Inhale at center. With your knees bent, float your knees off the floor.
4. Exhale, lower your bent knees to the left side. Rest your thighs or shins on a blanket, blocks, or pillows.* To avoid straining your low back, keep your knees drawn up to the height of your pelvis.
5. If possible, rest both your shoulders on the mat.
6. Gaze straight up. If it okay for your neck, you may gaze over your right shoulder.
7. Stay for 3- 5 breaths.
8. Exhale and lift your legs back to center.
9. Inhale at center.
10. Exhale, repeat to the right side #4-8.
11. Exhale, lift your legs back to center.
12. Place your feet on the floor.

*If your spine is fused or has limited rotation, let the blanket stack be as high as you need it. Also give yourself permission to skip this one if it is not appropriate for your body at this moment. The other alternative is to keep your arms in a T-shape, bend your knees, place your feet mat distance apart, and drop your knees comfortably to the right side. Repeat on the left.

Benefits

- Opens your chest
- Stretches your glutes, thighs, spinal muscles, and shoulders
- Improve circulation in your abdominal organs
- Calms the nervous system



14. Legs Up the Wall Variation *Viparita Karani*



1. Grab a chair that will allow you to rest your shins and feet on it without any restriction for your feet. Alternatively use a stack of blankets or pillows as high as the distance between your seat on the mat and your knee fold. A couch can work great too.
2. Sit close enough to the chair or stack of blankets with your knees bent.
3. Place your shins on the chair or blanket as you lay back as shown above.
4. Keep your thighs at a slight angle rather than straight up and down.
5. Rest your upper body on your mat.
6. Lay your arms by your side.
7. Stay here for 5 minutes or longer.
8. If you feel good, you may end your practice here. If you want more relaxation, do the next pose *savasana*. This is also a great pose to do all on its own.

Benefits

- Releases your hamstrings and lower back muscles
- May release tight pelvic floor muscles
- May relieve back tension and lower back pain
- May relieve stress, anxiety, and insomnia

15. Corpse Pose

Savasana



1. Lay all the way down on your back.
2. If your low back would like more support, place a rolled up blanket under your thighs or knees, whichever is more comfortable.
3. Rest your head back. If your head needs a little support to lay flat, slide a folded blanket under your head.
4. Separate your legs a comfortable distance from your body.
5. Separate your arms a comfortable distance from your body.
6. Allow your body to breathe itself and rest here for 5-10 minutes. As thoughts come, allow them to arise and pass without actively engaging in them.
7. Work toward completely letting go and relaxing your body and your mind. If this seems challenging, it may get easier with practice.
8. When you are ready, roll to right side and come to a seat position.
9. Bring your hands together at your heart.

We bow together...."The light in me honors, sees, and respects the light in you. *Namaste!*"

Benefits

- Release nervous tension
- Relax your body
- Find your natural rhythm of breath
- Sooth your nervous system
- Teaches your muscles to relax
- Find peace of mind
- May help with insomnia

Closing

Bring your hands together at your heart.

We bow together...*Namaste!*

The light in me sees, honors, and respects the light in you.



WHOLE BODY RESET

WITH BECKY BROSE, PHD
YOGA + MINDFULNESS MEDITATION
TRAINER



Congratulations! You did it!

I hope you're feeling some relief!

This is just the beginning of learning how to feel the best in the body you're in. Continue to practice consistently (3x/week) to get the most benefit.

I hope you are starting to realize that you can:

- feel better in the body you're in,
- release aches and pains,
- improve your posture, and
- build balanced strength and flexibility along the way.

The key is having the right teacher & right tools to help you do just that.

Let me ask you, are you ready to....

- learn more about your body?
- improve your posture?
- learn how to safely do yoga in your body?
- release aches and pains?
- build strength and mobility?
- move with ease and love the body you're in?

If you said YES to any of the above, I invite you to join the

[WHOLE BODY RESET: REFINE + REALIGN WAITLIST.](#)

[Click here.](#)

<https://www.beckybrose.com/whole-body-reset-refine-realign-waitlist/>

I'd love for you to join me,

Becky



**Whole Body Reset: Spinally
Aligned.**

A private, free FB
Group providing you with more
ways to keep your body + mind
feeling it's best.



www.instagram.com/becky.brose