



## Week 2: Yoga for Chronic Pain OMwork

1. Dynamic arm raises: Inhale as you raise arms up over head or out in front, Exhale as you move arms back along side body
2. Cat/Cow: Sitting tall in mountain pose–Inhale lift your chest and chin, Exhale round and arch your back, tuck your chin on your mat: place hands beneath shoulders and knees beneath hips, Inhale, press your chest towards the earth, lift your sitz bones and gaze up, Exhale round and arch your back and tuck your chin
3. Seated Pigeon: sit tall in mountain pose, place your right heel on the floor and drag it towards you a bit, leave a slight bend in your right knee. Cross your left shin over your right shin and flex your left toes. If you would like to go deeper, slightly lean forward and lift your chest (if you have had a hip or knee replacement, do not do more advanced version of pigeon listed below).

If you want to do a more advanced pose–place your left ankle on top of your right thigh, keep your left toes flexed. From here, you can lean back, sit up tall or lean forward with a straight spine–find what is comfortable for you.

### Cat Pose



#### Benefits

Stretches the back, torso, and neck  
Provides a gentle massage to spine and belly organs

#### Step 1

Start on your hands and knees in a “tabletop” position. Make sure your knees are set directly below your hips and your wrists, elbows and shoulders are in line and perpendicular to the floor. Center your head in a neutral position, eyes looking at the floor.

#### Step 2

As you exhale, round your spine toward the ceiling, making sure to keep your shoulders and knees in position. Release your head toward the floor, but don't force your chin to your chest.

#### Step 3

Inhale, coming back to the neutral “tabletop” position on your hands and knees.

#### Step 4

This pose is often paired with Cow Pose on the inhale for a gentle, flowing vinyasa.

#### Beginner's Tip

If you have difficulty rounding the very top of the upper back, ask a friend to lay a hand just above and between the shoulder blades to help you activate this area.

# Week 2



## Cow Pose



### Benefits

Stretches the front torso and neck  
Provides a gentle massage to spine  
and belly organs

### Step 1

Start on your hands and knees in a “tabletop” position. Make sure your knees are set directly below your hips and your wrists, elbows and shoulders are in line and perpendicular to the floor. Center your head in a neutral position, eyes looking at the floor.

### Step 2

As you inhale, lift your sitting bones and chest toward the ceiling, allowing your belly to sink toward the floor. Lift your head to look straight forward.

### Step 3

Exhale, coming back to the neutral “tabletop” position on your hands and knees.

### Step 4

This pose is often paired with Cat Pose on the exhale for a gentle, flowing vinyasa.

### Beginner’s Tip

Protect your neck by broadening across your shoulder blades and drawing your shoulders down, away from your ears. With a neck injury, keep head in line with torso.

[www.yogajournal.com](http://www.yogajournal.com)

## Seated Pigeon Pose



### Benefits

Increases flexibility of hips  
Allows greater range of  
motion

### Step 1

Sit tall in mountain pose, place your right heel on the floor and drag it towards you a bit, leave a slight bend in your right knee.

### Step 2

Cross your left shin over your right shin and flex your left toes.

### Step 3

If you would like to go deeper, slightly lean forward and lift your chest (if you have had a hip or knee replacement, do not do more advanced version of pigeon listed).

### Optional Advanced Pose

If you want to do a more advanced pose—place your left ankle on top of your right thigh, keep your left toes flexed. From here, you can lean back, sit up tall or lean forward with a straight spine—find what is comfortable for you.