



Backbends

“Heart opener”

Backbends strengthen the back muscles and promote flexibility. They have an energizing effect, offering openness and trust by expanding the heart space.

Effects of backbends:

- Strengthens your back muscles.
- Massages the internal organs
- Opens the chest for deepen your breath
- Prepares for more intense backbends like Bow or Wheel pose

Extending the chest forward and upward stimulates the heart muscle, positively impacting both physical and emotional aspects. Backbends are commonly seen as "heart openers."

Pay attention during practice:

- Practice backbends in the middle of your Yoga Session when all structures are well-prepared, ensuring proper warm-up of hips, shoulders, back, and leg muscles
- Begin every time with more gentle backbends like Cobra or Locust pose.
- It's important that you keep your stability in the core during backbends.
- Backbends require counterbalancing asana poses for example twists and forward folds.
- Pay attention and recognize your own limits.

Exercise for you: Camel Pose - Ustrasana

- Supported with Hands on lower back
- Or complete with both hands on heels

