

POSTURAL ALIGNMENT SEQUENCE

Focus: Spinal Decompression & Core Stability Duration: 30 Minutes

Tadasana (Mountain Pose)

Foundation for vertical alignment.

- Ground through four corners of feet
- Engage quadriceps, lift kneecaps
- Roll shoulders back and down

Adho Mukha Svanasana

Downward Facing Dog for spinal length.

- Spread fingers wide, press index base
- Lift sit-bones toward the ceiling
- Keep neck neutral between biceps

Trikonasana (Triangle)

Lateral expansion and hip opening.

- Extend torso over the front leg
- Keep both sides of waist long
- Stack shoulders vertically

Bhujangasana (Cobra)

Strengthening the posterior chain.

- Press tops of feet into the mat
- Lift chest using back muscles
- Keep elbows tucked close to ribs

Setu Bandhasana (Bridge)

Correcting anterior pelvic tilt.

- Feet hip-width apart, parallel
- Interlace hands under the back
- Lift hips, chest toward chin

Savasana (Corpse Pose)

Neutral integration of the spine.

- Release all muscular effort
- Allow feet to fall open naturally
- Acknowledge the body's symmetry

Note: This is a reference template. Practice within your physical limits.