



CHLOE YOGA

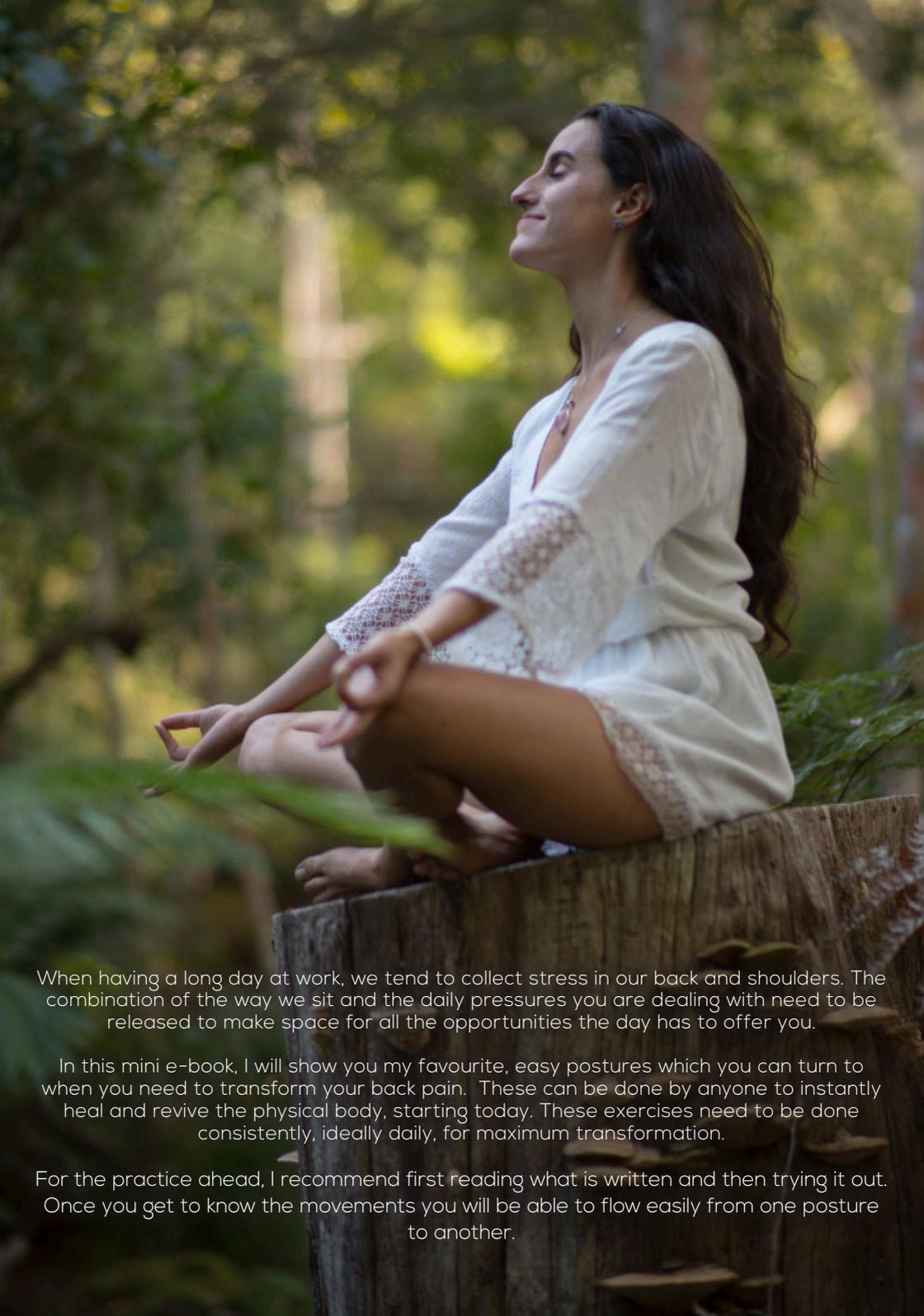
• TRANSFORM BODY, MIND AND SOUL •

TRANSFORM BACKPAIN

Disclaimer

The exercises provided in this e-book are for educational and entertainment purposes only, and are not to be interpreted as a recommendation for a specific exercise plan, product, or course of action. Exercise is not without its risks, and this or any other exercise program may result in injury. They include but are not limited to: risk of injury, aggravation of a pre-existing condition, or adverse effect. To reduce the risk of injury, before beginning this or any exercise program, please consult a health care provider for appropriate exercise prescription and safety precautions. The exercise instruction and advice presented are in no way intended as a substitute for medical consultation.

We disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to have physical discomfort, you should stop immediately and consult a physician.



When having a long day at work, we tend to collect stress in our back and shoulders. The combination of the way we sit and the daily pressures you are dealing with need to be released to make space for all the opportunities the day has to offer you.

In this mini e-book, I will show you my favourite, easy postures which you can turn to when you need to transform your back pain. These can be done by anyone to instantly heal and revive the physical body, starting today. These exercises need to be done consistently, ideally daily, for maximum transformation.

For the practice ahead, I recommend first reading what is written and then trying it out. Once you get to know the movements you will be able to flow easily from one posture to another.

Neck Rolls

This can be done either standing or seated

1. Sitting up nice and straight, inhale and gently take your head down towards the left shoulder.
2. Exhale and start to slowly rotate your neck forward to bring your chin to the chest and finally to the right shoulder.
3. Inhale, rotating the head back to the left and exhale back to the right.
4. Continue inhaling and exhaling as you gently rotate your head from left to right.
5. Once you feel comfortable and a bit loosened, you can begin to take your head gently around in a full circle. Make sure to repeat on both sides.

This can be done from 30 seconds to 5 minutes depending on you and how your neck is feeling and the time you have.



This exercise releases all tension and stiffness sitting in the neck, upper back and shoulders. This exercise also stimulates efficient flow of energy between the brain and body and allows us to communicate more efficiently.

Shoulder Rolls

This can be done either standing or seated

1. Allow the arms to be relaxed and resting on the thighs.
2. Inhale to rotate the shoulders forward and up towards the ears.
3. Exhale to rotate the shoulders back and all the way down and around to again inhale and draw the shoulders forwards and up towards the ears.

Continue this for 1-3 minutes and then swop to rotate the shoulders forward for 1 - 3 minutes.



This exercise releases all tension sitting in the shoulders, upper back and neck. It stimulates blood flow to the heart and detoxes the lymph nodes that sit underneath the armpits.

Side Rotation

This can be done either standing or seated

1. Stand or sit comfortably on your knees or cross-legged.
2. Bring your arms up to place your hands on your shoulders. Make sure the arms are parallel to the ground.
3. Inhale to twist your torso to the left, along with your head.
4. Exhale to twist to the right, also taking your head to the right.
5. Continue to inhale and twist left and exhale to twist right.

Continue this for 3 - 5 minutes.



This exercise pumps blood into all muscles and organs in the body, providing stimulation and energy. The exercise also deeply detoxes the body and removes any stagnant energy that may be sitting in the muscles and organs. This exercise also moves energy flow into the spinal channel and up into the brain.

Spinal Flex

*Sitting on your knees or on a chair, rest your hands on your thighs
You can sit on a blanket to support your ankles and knees*

1. Inhale to extend your chest forward. Hips are pushed forward and throat is extended upwards.
2. Exhale to contract the back and chest backwards and drop the chin to the chest.
3. Inhale to extend the chest forward and exhale to contract backwards.
4. Once you start to warm up and become comfortable in the movement and breath, you can start to speed up and deepen the breathing.

Continue this for 1 - 5 minutes.



*This exercise releases the spine and all muscles in the back.
This posture also opens up the heart and throat chakras and activates the digestive system.*

Child's Pose

This posture is done on the floor

1. Place a blanket or something soft under your knees.
2. Sit on your knees with your bum on the heels of your feet and your knees opened in a V in front of you. The back big toes can be touching behind you.
3. Inhale and lift your arms up over your head.
4. Exhale to bring the arms down in front of you to place the hands down on the floor as far in front of you as you can, You can then place the forehead or chin on the floor. Relax the jaw and the face. (Tension in the jaw is directly linked to tension in the hips)

Hold here for 1 - 3 minute with long deep breathing.



This posture releases tension in the lower back, groin and hips as well as opens up the first chakra.

Cat and Cow

This posture is done on your hands and knees

1. Get onto all fours with your knees and hands firmly on the floor. Your hands and knees should both be shoulder width apart and your back is in a nice comfortable neutral position. Your hands should be flat with your fingers spread out for good support (place a blanket under the knees if sensitive).
2. Inhale to lift up your chest and neck while dropping the stomach down towards the floor with the hips lifting up towards the sky.
3. Exhale to drop the head down with the chin towards the chest and now arching the back, stomach and chest up towards the sky, tensing your stomach muscles.
4. Continue this motion - inhale to breathe forward, lifting the head and dropping the stomach down and exhale to drop the head and arch the back towards the sky. Remember to activate your stomach muscles on the exhale.

This can be done for 1 - 10 minutes.



*This exercise releases and activates each vertebra of the spine and massages all the back muscles.
This exercise also stimulates the digestive system, opens the heart, throat and chest
and releases the hips and lower back.*





CHLOE YOGA

Thank you for coming on this journey of transformation with me.

Please feel free to contact me via Facebook - Chloe Yoga
or email me at info@chloeyoga.com for any questions you may have.
I am here to support and guide you every step of the way.

All my love

Chloe Guilhermino

Get your Intro to Yoga eBook