

# Sciatica Soothers Yoga Practice

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## General Recommendations

- Use the Ocean Breath (or Ujjayi Breath) during your practice
- Perform your practice at the same time each day
- Practice alone in a quiet spot without distractions
- Smile, this is your time, just experience your experience

## Practice Poses

This is a great practice for people with back or leg pain.

### 1. Head-to-Knee (8 breaths)



### 2. Eye-of-the-Needle (8 breaths per side)



### 3. Bridge (8 breaths)



### 4. One-Legged Pigeon (8 breaths per side)



### 5. Corpse Pose (5 min)



## After You Finish

- Journal - write your thoughts and experiences in your journal