



### Adam Husler: Bigger, Balanced Backbends



Adam Husler (E-500RYT) specializes in Alignment-Based Vinyasa Yoga. He offers creative, effective and clearly-sequenced teachings that focus on balancing flexibility and strength, both physically and mentally. Explore the intricacies of backbending for a safe and sustainable yoga practice.

**TOP EMBODIMENT TIP:** Just keep returning to the start of the next inhale.

#### The Low Back and Pelvis:

- **Stabilize the areas that are overly flexible or naturally very flexible; find openness in the areas that are restricted and tight.**
- Lengthen the low back and avoid compression. Compression might feel okay in the short-term, but you may not feel the negative effects on your discs until many years later.
- We want the pelvis to rotate backwards in backbends. A pelvis tilted forward creates compression in the low back.

#### The Upper Back and Chest:

- **The sensation you want to feel is opening and lifting.** As the chest lifts up, the shoulders pull down, and you start to open up the upper back with minimal compression in the low back.

#### The Neck and Feet:

- **There's no benefit in dropping your head back.** You compress the areas that don't need to be compressed, like nerves, and this restricts blood flow to the brain. Also, when the head drops, the shoulders elevate. It's hard to keep the shoulders down when the neck drops back.
- Try jumping up and down and notice how your feet land (how far apart they are, whether turned out slightly). This is your neutral position. Use this foot position in your backbends to cultivate space across and along the low back.

#### Summary:

- **Stabilize the areas that are over-flexible; cultivate openness in areas that are restricted and tight.**
- Standing backbends: imagine creating an action of lifting up and over like a high jumper.
- Backbends on belly: create the action of lengthening forward rather than pushing backwards; the feeling of opening and pulling rather than compression.

#### Resources:

- ❖ **Website:** [adamhusler](http://adamhusler.com)
- ❖ **Instagram:** [@adamhusler](https://www.instagram.com/adamhusler)
- ❖ **Podcast:** [honestly unbalanced](https://www.honestlyunbalanced.com)



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**Leslie Kaminoff**, co-author of the bestselling book “Yoga Anatomy” is a yoga educator and internationally recognized specialist with over four decades’ experience in the fields of yoga, breath, anatomy and bodywork. His approach to teaching combines intellectual rigor, spontaneity and humor, and is always evolving.

[YogaAnatomy.net](https://YogaAnatomy.net) is how Kaminoff connects with his students all over the world - and the first ever online yoga studio for advanced studies. His passion is teaching teachers, and [YogaAnatomy.net](https://YogaAnatomy.net) has become the go-to resource for Teacher Trainers planning a YTT, and advanced teachers who want to deepen their knowledge and transform their teaching.

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