

RELAX & LENGTHEN

♥ *Return to a more relaxed, flexible and longer you!*

Why We Lengthen the Front of Our Torso

We spend so much of our time forward-bending that we should do the exact opposite to correct or balance this; but with repetition and relaxation; both of which are important!

You can do this 1) standing, 2) lying down with a bolster under either your waist or hips, or 3) lying face-up on your bed, with your lower legs dangling and relaxed off the bed.

Please note that with the bed stretch; if you are too 'compressed', you may feel lower back pain, and you do NOT want this; so move up onto the bed, and simply put a small rolled up towel under the back of your waist to fan open the vertebrae and discs.

On the inhales; allow your sternum to drift upwards effortlessly.....see if you can feel the lines of stretch in the front and sides of your torso.

On the exhales; focus on *relaxation*...of your shoulders and back muscles, and allow your hips and legs to feel 'heavy and passive', in order to really 'let go'.

I have descriptions and illustrations of all three of the above front torso stretches; just ask me!

* Note that, ideally, you should also do a hamstring and gluteal stretch along with the front torso stretches to make it more effective.

