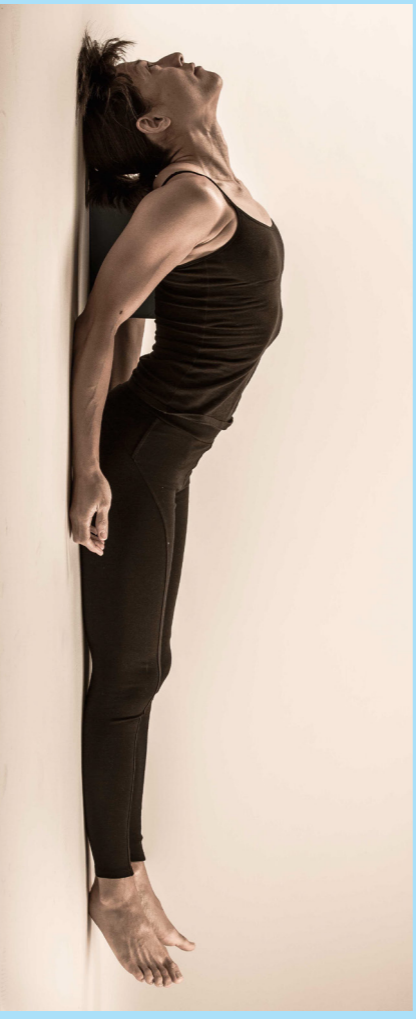


SUPPORTED UPPER BACK BEND





SUPPORTED UPPER BACK BEND

Target area:

Upper thoracic (upper spine)

Secondary Neck stretch

Method:

In a darkened room lie on your back placing a large rolled up towel or foam block between your shoulder blades length ways so that your spine runs along it.

The top of the towel or block should be at the top of the shoulder blades. The neck does not rest on it.

Allow the neck and head to stretch towards the floor.

If this is too strong on the neck you can place a small cushion under the head.

Shut down the eyes and place a blanket over you.

Allow the shoulders, pecs, collar bone, arms, ribs to gently melt away from the centre of the body.

Relax all areas of the body, especially taking note of the back body: glutes, back muscles, legs.

Focus on being heavy.

Breathe gently and deeply but not controlled.

Hold Time:

3mins - 5mins

When to do:

After long day at computer

Before bed