



### HEALTHY BACK

#### Exercise 1:

You kneel, your hands leaned against the mat (in width of your shoulders) and your knees (in width of your hips), your shoulders broad and not sagging in your loins, stretch your head and keep your chin drawn to your neck. (If needed, underlay your wrists).

Shift your palms by one their length forward and with your back straight stretch your buttocks, your chest is drawn to the mat, your shoulders from the ears. Keep your chest and your head straight. Return back and breathe freely the whole time. Repeat several times.

#### Exercise 2:

Lying on your abdomen, your hands under your front, push your pelvis slightly forward, your shoulders away from your ears, broad scapulae.

Your feet leaning against the insteps, slightly push the pelvis forward and go down near the mat with your tailbone and as if you drew the elastic in the slippers to your chin, do not flex your buttock muscles. Breathe freely into your lower belly and release slowly. Repeat several times.

#### Exercise 3:

Lying on your abdomen, your hands under your front, push your pelvis slightly forward, your shoulders away from your ears, broad scapulae.

Stretch your right leg on the mat and release it breathing freely. Do the same with your left leg and repeat it several times.

#### Exercise 4:

Lying on your back with your legs bent and your feet in width of your hips, your back spread on the mat and your head stretched (and supported if necessary). Neither press your loins towards the mat nor lift them up during exercises.

Stretch your arms sideways and try to fix your hips on the mat. Slowly raise your right arm to the ceiling (draw your shoulders away from the ears) and turn it and move it to the palm of the lying left hand. You can slightly raise your head, but the right hip stays on the mat and your knees are in direction of the ceiling. Breathe freely. Return it slowly back, both of your arms stretched sideways and do the same with your left arm. Repeat it several times.

#### Exercise 5:

Lying on your back with your legs bent and your feet in width of your hips, your back spread on the mat and your head stretched (and supported if necessary). Neither press your loins towards the mat nor lift them up during exercises.



Lift the bent right leg and with both hands draw the knee to your chest and hold. Your pelvis pushed forward stretch your left leg forward (the heel is sliding on the mat), stretch the tip of your foot. You should feel tension on the front side of the groin of your left leg. Slowly draw your left leg back and repeat the same motion again. Then do the same to the other side.

### **Exercise 6:**

Sitting on the mat, your legs slightly apart and if necessary underlay your bottom so that you sit higher and there is not too big angle in your hip joints.

Try to relax your legs to maximum and stretch your head. Draw your belly in and breathe into the sides of your chest. Lean your hands against the fingertips beside the hip joints and stretch your arms to the sides. Keep your shoulders broad and your head stretched. Turn your palms to the ceiling while the fingertips still touch the mat, and slowly turn the palms back. Repeat several times.

### **Exercise 7:**

Sitting on the mat (your legs crossed or slightly apart), if necessary underlay your bottom. If your hip joints do not allow you that, just sit on the chair.

Press your left palm beside your hip joint a bit apart from your body. Lift your right arm to the ceiling and slowly try to bend with your arm over the ear and stretch. Your left elbow bent, the palm presses the mat and helps you to keep both buttocks on the mat. Do not forget to breathe. Return slowly back and do the same on the other side.

### **Exercise 8:**

You kneel, your hands leaned against the mat (in width of you shoulders) and your knees (in width of your hips), your shoulders broad and not sagging in your loins, stretch your head and keep your chin drawn to your neck. (If needed, underlay your wrists).

Stretch your right arm sideways, turn the thumb to the ceiling and then draw the arm under your body to the left. Your left elbow bent, draw your right shoulder to the mat and try to look at the ceiling. The whole spine is rotating. Breathe freely. Return slowly back, press your palm against the mat, get your back straight. Do the same with your left arm and repeat several times.

### **Exercise 9:**

You kneel, your hands leaned against the mat (in width of you shoulders) and your knees (in width of your hips), your shoulders broad and not sagging in your loins, stretch your head and keep your chin drawn to your neck. (If needed, underlay your wrists).

Lift your opposite arm and leg and stretch both of them behind. The arm stays at the level of the trunk, the palm turns towards the ceiling, your leg does not go higher than the trunk. Do not sag your loins and breathe freely. Return back and do the same with your other leg and opposite arm. Repeat it several times on both sides.



### **Exercise 10:**

You kneel, your hands leaned against the mat (in width of your shoulders) and your knees (in width of your hips), your shoulders broad and not sagging in your loins, stretch your head and keep your chin drawn to your neck. (If needed, underlay your wrists).

Join your knees and heels and turn your heels and head to the left trying to look at both heels. Stretch your head, breathe freely. Return back and turn to the right. Repeat it continuously on both sides several times.

### **Exercise 11:**

Sitting on the mat, your legs slightly apart and if necessary underlay your bottom so that you sit higher and there is not too big angle in your hip joints.

Stretch your arms to the sides, the tips of your fingers stay on the mat or a little above. Stretch your head, keep your shoulders broad, breathe freely into your belly. Slowly turn to one side and the other side. Repeat several times.