



### LUMBAR SPINE

#### Exercise 1

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 your right /left bent leg, put your hands on your knees and breathing in press your knees against your hands, and breathing out draw your knees to your chest and detach your sacrum from the mat. Repeat several times put your feet back on the mat and relax.

#### Exercise 2

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 your right/left bent leg, put your arms on your knees and rotate clockwise massaging lower part of your back. Breathing freely keep broad shoulders and start rotating the other way round and then put your feet back on the mat and your arms along your body.

#### Exercise 3

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 you left leg with your backbone on the mat and alternately pull it back. Repeat it several times and then change your legs and do the same. Then return your feet on the mat and relax.

#### 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.

Your feet resting firmly on the mat, lift up your right hip and then put it back, lift up your left hip and then put it back. Repeat several times and then relax.

#### 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.



Your feet in width of your hips stretch your arms sideways and recline your knees to the right and your head to the left breathing freely and stretching your left leg while your left shoulder remains on the mat.

### **Exercise 6:**

Lying on your side with bent knees, your lower arm under your head, your head in the same line as your backbone, lean against your upper palm in front of your body, pull away your shoulder from your ear. Your upper arm may also lie on your side.

Lying on your left side with your legs bent in front of your body you are leaning against your right palm. Breathing out draw your right knee with your right hand to your chest and breathing in stretch your arm and leg. Repeat several times. Then do the same on your right side.

### **Exercise 7:**

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).

Moving only your pelvis try to push your buttocks up without sagging your chest but on the contrary slipping your tailbone between your knees without arching other parts of your back. Repeat several times and then relax.

### **Exercise 8:**

Lying on your back with your arms along your body and your back spread on the mat and your head stretched (with a support underneath if necessary).

Tighten your left buttock and then release it slowly, tighten your right buttock and release it slowly, then tighten them both and release them slowly counting to four. Repeat several times.

### **Exercise 9:**

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.

Remove support from under your head and draw your heels up to your buttocks. Press your feet against the mat and fluently lift your buttocks and back from the mat up to the lower part of your shoulder bones and then return it back by inches leaving your buttocks free. Breathing freely repeat it several times.