



**KEEP YOUR LOWER BACK  
HAPPY AS YOU --**

# **TRAVEL**

**A Lower Back Bliss BONUS**

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## **Sit into a tennis ball in your upper back**

Sit into any chair on a plane, train, in a car, at the office or at home with a tennis ball in your upper back.

This will release your upper back which will take pressure off your lower back.

A woman with short blonde hair, wearing a blue t-shirt and teal patterned pants, is sitting in a wicker chair. She is smiling and looking to her right. A small dog is lying on her lap. A green tennis ball is placed between her back and the chair's backrest. The background shows a kitchen with white cabinets and a countertop with fruit. A large teal circle is overlaid on the left side of the image, containing text.

## **Sit into a tennis ball in your lower back**

Sit into any chair on a plane, train, in a car, at the office or at home with a tennis ball in your lower back.

This will release the tension in your lower back.

## Seated twist

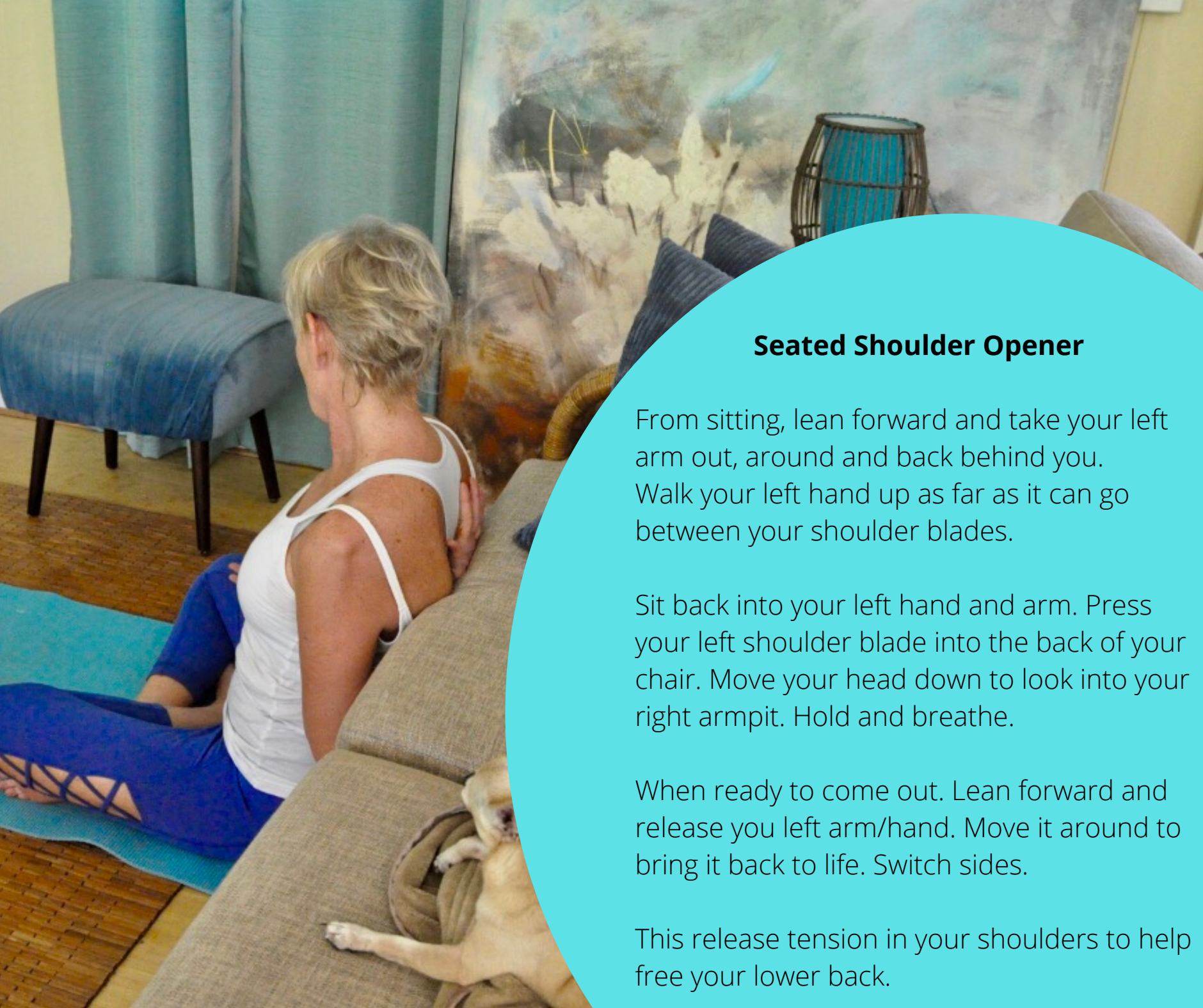
Sit with your feet on the floor and the insides of your feet touching. Squeeze your knees together to make sure your pelvis doesn't turn.

On an exhale turn from your navel to the left. Inhale to nothing, exhale turn your chest to the left and take your left hand behind your bottom. Inhale do nothing, exhale bring your right arm to the outside of your left leg and look over your left shoulder. Hold and breathe.

When ready come out by turning your eyes, head and neck first. Then release your hands and bring your chest back to center. Pause and feel before changing sides.

This help stabilize your lower back as you open your upper body.





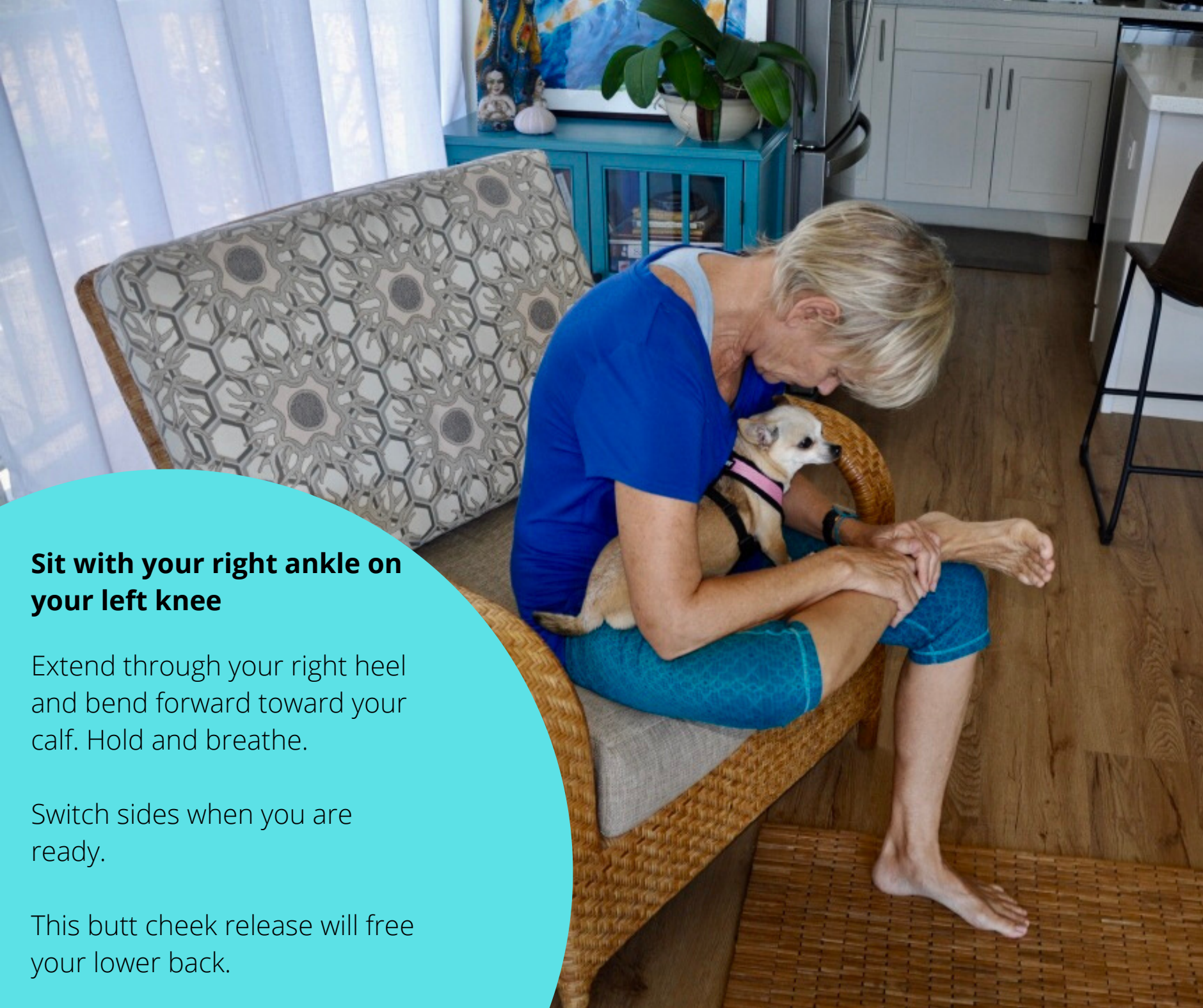
## Seated Shoulder Opener

From sitting, lean forward and take your left arm out, around and back behind you. Walk your left hand up as far as it can go between your shoulder blades.

Sit back into your left hand and arm. Press your left shoulder blade into the back of your chair. Move your head down to look into your right armpit. Hold and breathe.

When ready to come out. Lean forward and release you left arm/hand. Move it around to bring it back to life. Switch sides.

This release tension in your shoulders to help free your lower back.



**Sit with your right ankle on your left knee**

Extend through your right heel and bend forward toward your calf. Hold and breathe.

Switch sides when you are ready.

This butt cheek release will free your lower back.

## Eagle Pose

Stand or sit and bend your right elbow, wrap your left arm around your right taking your hands into a prayer position.

Push up on your bottom elbow down on your top. Take your hands away from your face and make "O's" with your elbows both directions. Release and Switch sides.

This will help free your upper back to release your lower back.



## **Standing Lower back Release**

From standing with your feet inner hip-width apart, press into the outer edge of your heels, soft toes, tail down, ribs in, roll your inner arms out and squeeze your scapula together. Loose head and neck.

Take your left foot onto your right knee, extend through your left heel. Hang onto something if needed to balance. Slowly come forward dropping your hands to the floor if you can. Hold and breathe and switch sides when ready.

This will release your butt cheeks and open your lower back.





## **Standing front of the body release**

Stand with your feet inner hip width apart, tail down, ribs in and roll your inner arms out. Stand into your left foot/leg. Bring your right knee to your chest. Bring your left hand onto your right foot and drop your right knee and line it up with your left knee. Pull your right heel to your left butt cheek with your left hand. Hold and breathe.

Switch sides when ready.

This will free your lower back.

