

Day 1 - Heal.thy Low Back The Plan & Shopping List

Welcome!!

Yay! You did it. You are putting yourself first and taking the time to release your lower back pain.

Thank you so much for joining me on your Heal.thy Low Back adventure. This journey requires some of your time over the next 21 days.

TIME

You will need between 30 minutes to an hour each day to do your Low Back practices and complete them.

Think about this -- you'll spend at the MOST an hour a day over 21 days to get lower back relief. And from then on you'll have AMAZING tools to use anytime you feel the need to keep your low back healthy.

I wish this program had been available when I was in the midst of low back pain. I'd have saved myself lots of time and money. So smart choice on your part.

SCHEDULE

The schedule is listed below. You'll notice the program is broken up into Heal.thy Low Back Builder I, II, & III.

Heal,thy Low Back Builder I - Opening Your Iliopsoas Muscle and Overcoming Fear to Feel Your Feelings

Heal.thy Low Back Builder II - Opening Your Piriformis Muscle to Let Go of Guilt & Control to Own Your Gifts and Talents

Heal.thy Low Back Builder III - Opening your Gracilis Muscle and Releasing Anger to create and share your gifts and talents

For each Heal.thy Low Back Builder which covers one week's time you will do five Mini-movement Practices of 10-15 minutes and one Full-movement Practice of 30-45

minutes. You will end the Heal,thy Low Back Program with one Full Freedom Movement Practice of about an hour.

You will also receive Movement Map downloads, Emotional Guidance System downloads and videos, Discovery Question downloads, Own Your Gifts and Talents download, and Connect Using Your Gifts and Talents download. You'll have a few other downloads sprinkled in to motivate you and congratulate you.

Day 1

Heal.thy Low Back WELCOME! (video)
Heal.thy Low Back WELCOME (download)
Heal.thy Low Back The Plan (download)
Pre-Heal.thy Low Back Questionnaire (download)

Heal.thy Low Back Builder I Opening Your Iliopsoas Muscle and Overcoming Fear to Feel Your Feelings

Day 2

Heal.thy Low Back Movement Practice Overcoming Fear 1 Video
Heal.thy Low Back Movement Map Overcoming Fear Download

Day 3

Heal.thy Low Back Movement Practice Overcoming Fear 2 Video
Heal.thy Low Back Discovery Overcoming Fear Questions and Lesson Download

Day 4

Heal.thy Low Back Movement Practice Overcoming Fear 3 Video
Emotional Guidance System (EGS) Introduction and Lesson Video & Download

Day 5

Heal.thy Low Back Movement Practice Overcoming Fear 4 Video
EGS Do it, It's totally worth it by Heal.thy Low Back Student -- Tricia Nicoll Video

Day 6

Heal.thy Low Back Movement Practice Overcoming Fear 5 Video
Work on Your EGS for 30 minutes or more

Day 7

Heal.thy Low Back Full Movement Practice Overcoming Fear Video

Work on Your EGS for 30 minutes or more

Day 8

Emotional Guidance System Meditation Video

Heal.thy Low Back Builder II Opening Your Piriformis Muscle to Let Go Of Guilt & Control to Own Your Gifts and Talents

Day 9

Own Your Gifts and Talents Download

Heal.thy Low Back Movement Practice Letting Go of Guilt/Control 1 with EGS meditation Video

Day 10

Heal.thy Low Back Movement Practice Letting Go of Guilt/Control 2 with EGS meditation Video

Heal.thy Low Back Movement Map Letting Go of Guilt/Control Download

Day 11

Heal.thy Low Back Movement Practice Letting Go of Guilt/Control 3 with EGS meditation Video

Day 12

Heal.thy Low Back Movement Practice Letting Go of Guilt/Control 4 with EGS meditation Video

Heal.thy Low Back Discovery Letting Go of Guilt/Control Questions and lesson Download

Day 13

Heal.thy Low Back Movement Practice Letting Go of Guilt/Control 5 with EGS meditation Video

Day 14

Heal.thy Low Back Full Movement Practice Letting Go of Guilt/Control with EGS meditation Video

Heal.thy Low Back Builder III - Opening your Gracilis Muscle and Releasing Anger to create and share your gifts and talents

Day 15

Heal.thy Low Back Movement Practice Releasing Anger 1 Video

Heal.thy Low Back CREATE using your gifts and talents and share them with others

Download

Day 16

Heal.thy Low Back Movement Practice Releasing Anger 2 with EGS Meditation Video

Heal.thy Low Back Movement Map Releasing Anger Download

Day 17

Heal.thy Low Back Movement Practice Releasing Anger 3 with EGS Meditation Video

Heal.thy Low Back Discovery Releasing Anger Questions and Lesson Download

Day 18

Heal.thy Low Back Movement Practice Releasing Anger 4 with EGS Meditation Video

Day 19

Heal.thy Low Back Movement Practice Releasing Anger 5 with EGS Meditation Video

Day 20

Lower Back Bliss Full Movement Practice Releasing Anger with EGS Meditation Video

Day 21

Heal.thy Low Back Full Freedom Movement Practice with EGS meditation Video & download

Heal.thy Low Back -- Where do you go from here? AND Whooo Hoooo you did it party!!
Video

HOW TO DO IT

To create a Heal.thy Low Back you must complete each day in full before moving on to the next day's practices. Take your time, don't rush ahead. You won't resolve your back pain that way. Sit back relax and enjoy this program.

MOVEMENT MAPS

You have three movement maps -- Heal.thy Low Back Movement Map Overcoming Fear, Heal.thy Low Back Movement Map Letting Go of Guilt/Control, and Heal.thy Low Back Movement Map Releasing Anger. These maps are available as a written and photograph guide to the ball rolling and movements. Reference the maps whenever you have questions about ball rolling or movements.

EMOTIONAL GUIDANCE SYSTEM

In order to address your lower back challenges fully you have to keep yourself as a whole being and work on your physical, emotional, and spiritual bodies. You will be doing the emotional work of reinstating your emotional guidance system (feelings).

You may resist this part of the program because it seems like it doesn't have anything to do with the Heal.thy Low Back Program. But do it!

Make sure you watch the video -- *Emotions -- Eeeeeek! I'll help you understand why working on my feelings was one of the BEST parts of my healing through this Lower Back Bliss program.* -- Tricia Nicoll, Heal.thy Low Back student.

TOOLS

Here are all the tools you will need to move through this program. It's time to go shopping. You'll need these things before you start tomorrow!

You'll need to go out and get or order from amazon -- a few simple tools. BTW -- I don't get paid for my recommendations.

I do not get paid by any of the brands recommended. My recommendations are based purely on personal and professional experience. You will need to have all the tools on this list before you get started unless otherwise noted.

Yoga Mat

If you don't already have a mat, I like Gaiam Yoga Mats because they are lightweight, easy to transport and really stick to the floor. [Here's a link to buy one from amazon.](#)

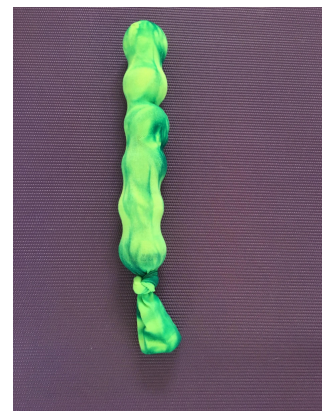
Blanket

A Mexican blanket works great. A beach towel or a couch throw works as well.



Noodle Ball and Swimming Pool Noodle

For the Noodle Ball, take a knee-high sock and stuff six tennis balls into the sock. Push the balls towards the bottom of the sock and tie a knot at the last ball, so the balls



are snug together. Until you get used to the Noodle Ball you can use a swimming pool noodle. Buy a regular size swimming pool noodle and cut it to the size of your upper back.

Softball-sized Ball

I like Sky Balls but any Softball-size ball will work.

Yoga Strap

Any strap or belt will do. I like extra long straps. [Here's the amazon link.](#)

Yoga Block

Super easy to find these days. [Here's the amazon link.](#)

Journal

You will be doing some writing and reflection so ready up a blank journal just for this program!

Art Supplies

Gather old magazines you can cut up. Heavy art paper, cardboard or index cards. If you like to draw, paint or crayon, pick up your favorite art tools. Scissors and glue are necessary items. Yes, you're going to get creative in your creative center!

PRIVATE FACEBOOK PAGE

[Press here to request into the private Heal.thy Low Back Facebook page!](#) You'll share with a community doing the same program to heal their lower back. Join in on the conversations. I ask only one thing. Be nice!! Kindness goes A LOT further than being mean. Don't disrespect anyone including their experiences, ideas, thoughts, and beliefs. AND be nice to yourself. No one likes to hear anyone get down on themselves. If you need help reach out. This is a safe place to share.

Note:

The Heal.thy Low Back Program was originally called Lower Back Bliss so in some of the videos and written material it may still say Lower Back Bliss -- No worries -- you are in the Heal.thy Low Back Program!