

The background features a vertical, wavy pattern of teal and yellow shapes. The teal shapes are solid and have a rounded, organic form, while the yellow shapes are also wavy and appear to be cutouts or negative space. The overall effect is a rhythmic, flowing pattern.

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Are you stretching yet?

Give your lower back some relaxation

- In a seated position, e.g. on your office chair: Place one ankle on the opposite thigh and apply light pressure to the bent knee with your hand. Your upper body is upright or slightly bent forward so that you feel a stretch (lower back, buttocks, etc.).
- In a supine position with legs facing up: Tilt your pelvis back and slowly roll up vertebra by vertebra up to just below your shoulder blades. Then roll back to the floor vertebra by vertebra.
- In a supine position: Place your pelvis on a cushion or soft ball and gently stretch out your legs.
- In a supine position bend both legs and pull them close to your chest. Hold your knees with both hands, rock gently back and forth and make circles in both directions.
- In a supine position with feet on the floor: Ride a bicycle with your pelvis. The hip bones move/circle like the pedals of a bicycle. Place your hands on your hip bones for support.