



Flexibility
Goals

UPPER BACK EXERCISE MEMORY HELP SHEET



ONE OF OUR FAVOURITE BACK BENDING EXERCISES

This exercise is one we love for teaching the body key control for back bending contortion. Controlling which parts of the body you wish to relax to allow for space & ease, & which parts of the body we need light tension & core strength to support the flexibility. It should be slow, & almost meditative with breath work, as you give the body & mind time to connect.

BREATHE, CONTROL & RELAX

This exercise takes a lot of concentration, core strength, & body intelligence to have the feeling of lengthening the spine round, rather than dumping into the lower back. It is **NOT** a beginner stretch, this is for those who have the basic understanding of back bending, who have done this with Kathryn in class, & wish to practice, & use the sheet as a helpful way to remember the stages & tips!



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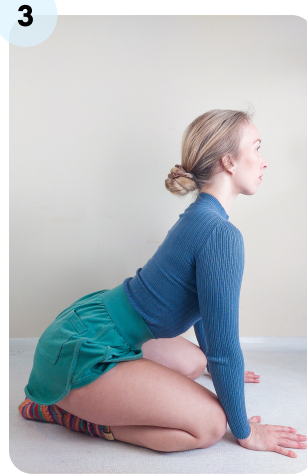
UPPER BACK EXERCISE MEMORY SHEET



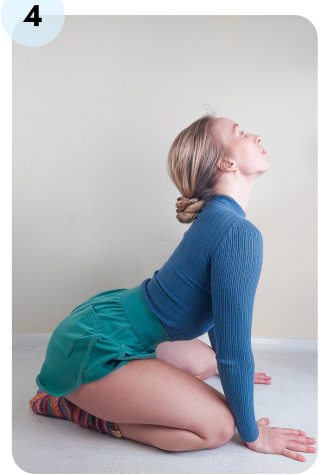
Sit tall, core in, back straight



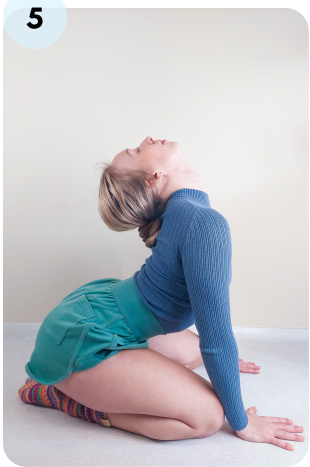
Reach hands forward, core in, long spine



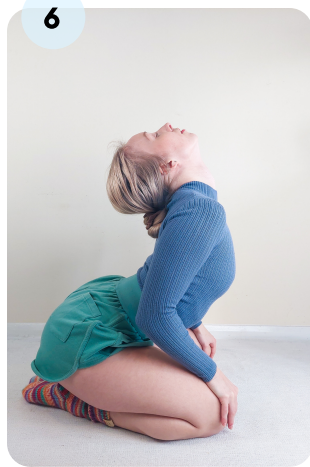
Pull chest forward, core lifted, not using the lower back



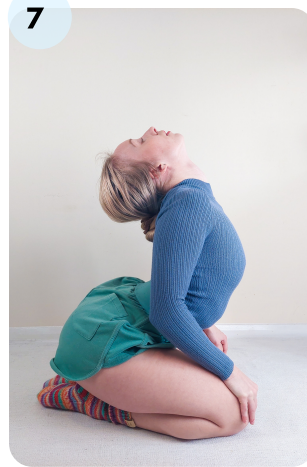
Start to curl the upper back, from the neck



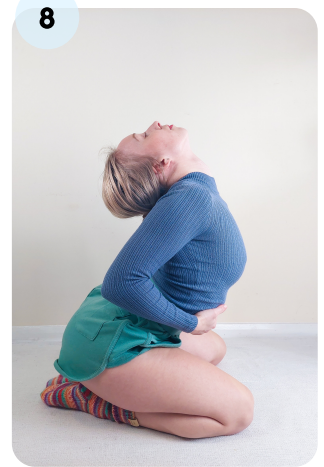
Curl upper spine as much as possible, core in don't use lower back. use the breath



Hands on knees, squeeze the shoulders together, lats down



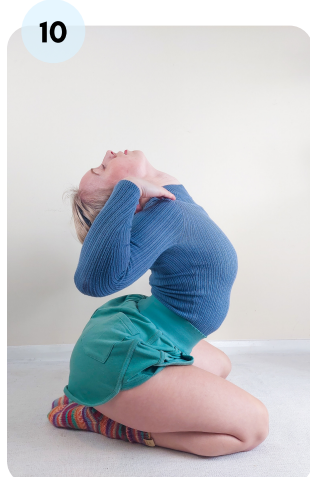
Use the core to lengthen the spine forward & round



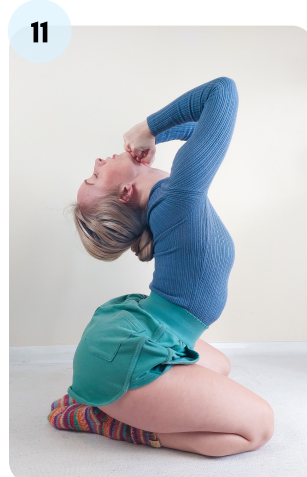
Hands on the ribs to help feel the forward, lift & round



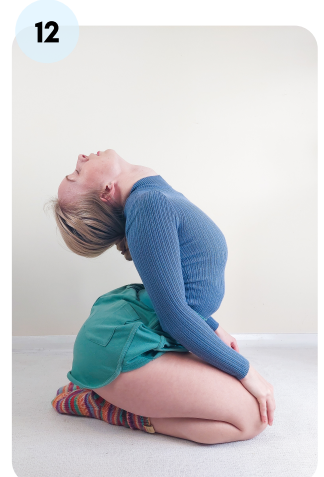
Hands on chest, breast bone forward up & round



Hands on shoulders, open the chest, squeeze the elbows together



Gently under the chin to help the upper spine & neck for last bit of extra curl



Enjoy the relax & squeeze of the back bend, head over bum, check you aren't using the lower back