



EVENING STRETCH ROUTINE

1

Reclined Knee-to-Chest Release

This simple movement takes the gravitational load off your lower back and gently opens up the lumbar facet joints.

Lie flat on your back on your mat or mattress. Gently pull one knee up toward your chest, holding it with both hands for 30 seconds while keeping the other leg relaxed.

Switch sides, then gently pull both knees in together.

1. RECLINED KNEE-TO-CHEST RELEASE



2

The Figure-Four Hip Opener

Releasing the piriformis and gluteal muscles reduces the pull on your Sacroiliac (SI) joints, preventing that deep hip ache in bed.

Lie on your back with knees bent and feet flat. Cross your right ankle over your left knee. Reach through and gently pull your left thigh toward your chest until you feel a soft release in your right glute. Hold for 45 seconds per side.

2. THE FIGURE-FOUR HIP OPENER



3

Supported Child's Pose with Side Reach

This lengthens the broad muscles of your back (latissimus dorsi) and takes tension out of the mid-spine.

Kneel on your mattress or a soft rug, take your knees wide, and sit your hips back toward your heels. Extend your arms forward and rest your forehead down. Walk both hands 45 degrees to the left for a few breaths, then to the right.

3. SUPPORTED CHILD'S POSE WITH SIDE REACH



4

Legs-Up-The-Wall Pose

The ultimate restorative position to end your night.

Sit close to a wall, swing your legs up against it, and lie your back flat on the floor or bed. Your body will form an "L" shape. Let your arms rest loosely by your sides with palms facing up.

4. LEGS-UP-THE-WALL POSE

