

BACK ARCH

WHAT IS THIS FOR?

- To stretch and open the body. This takes pressure off the vital organs, allowing them to work effectively.
- To correct posture.
- To stretch away curvatures, aches and pains.
- To open the heart so that the emotions can flow.
- To lift your mood and energy level.

1ST STAGE

Placing the back arch under the chest, especially for scoliosis (removes dowagers hump), neck and upper back pain, thyroid imbalances, breathing and heart problems (but not after surgery), chest and sinus congestion, loss of voice and sore throat.

2ND STAGE

To move from the first to the second stage, bend your knees up and push your feet into the floor to slip the body over until your shoulders and upper arms are on the floor and your hips on top. Stretch the legs straight. Opening the hips helps alleviate small of the back, sacroiliac joint pain and sciatica. Problems with kidneys and reproductive organs, infertility, bladder problems, constipation and piles. This second stage is not suitable in pregnancy or for girls with heavy periods, after any abdominal operations or hip replacements.

HOW TO USE THE BACK ARCH

Lie over your arch every day. Place a rug over it. Sit on the floor in front of the less arched side – the further you sit away the easier it is. If you are stiff, sit so that your head is on top of the arch. Roll slowly and carefully back so that you are stretching the sides of the body equally, neck relaxed, head hanging straight the back of your head touching the arch. Always stretch the legs straight, feet parallel to each other. These are strong stretches – hold for a short time at first – half to one minute. When the back is used to stretching and relaxing, build up to 10 minutes in all, increasing one minute a week. If the small of the back is painful, when the hips are on top as in 2nd position, then reduce the stretch by placing blocks under the heels.

NB: If pregnant, please practice opening the chest only, (fig 1) keep your bottom on the floor. Also practice fig 3 (legs up the wall).

Chest Opener (figure 1) (removes dowager's hump)

Helpful for neck problems only. If neck is over stretched, or painful, work with a block (or two) behind the head as in figure 1, or fold arms to rest head on. Head just off floor, bottom on the floor.

For breathing problems or heart problems please keep arms to the sides, palms up. Roll the top of the shoulders towards the floor, keeping the neck relaxed and legs stretched straight. Allow chest to open to the maximum. If this is too strong, place blocks under the head, as in fig 1. This helps remove fatigue and upper back aches.



Figure 1

Chest and Hip Opener (figure 2)

Tail bone up, legs straight, heels pushing away – lift the pelvic floor towards the head, this lengthens the lumbar/small of the back. If the small of the back hurts, place blocks under your heels. This is not suitable in pregnancy, instead practice fig 3.



Figure 2

Legs Resting Up Wall (figure 3)

The tops of the shoulders on floor, backs of the legs and buttocks close to wall.

Not suitable if you have a period – any back arching can accentuate a period: try squatting postures at these times. Can be used when pregnant legs against a wall. Recuperative posture opens chest. Helpful for swollen legs, varicose veins, prolapses. Quiet, resting stretch.



Figure 3

Advanced only please (figure 4)

Very strong back arch for advanced students only. Place the arch on a stool so that your heels and the back of your hands reach the floor. Extend the arms and legs to accentuate this front body stretch. Arms can be folded behind the head. Relax neck. Neck released and head hanging free. Centre of the back of the knees down. Lift from the pelvic floor towards the chest, allow chest to open. Helps stiff backs, opens front body, especially groin and chest area. Strengthens the legs if they are held straight.



Figure 4

We give these instructions and precautions in good faith, please follow them carefully and use blocks where necessary. We cannot be held responsible for any damage occurring.

It is quite natural that the back will ache at first as these corrective stretches are strong. Do make allowances by using blankets and blocks. You will notice a great improvement within a few weeks.

Breathe well.

With love

Ruth White