



Written Description for: Section 4, Lesson 4

# **Balancing Routine After Seated Practice: Spinal Stretch Flow**

Perform this sequence while sitting on the edge of a chair with your feet flat on the floor, hip-width apart, and your spine upright and relaxed.

## **Exercise 1: Flat Back Down, Curved Spine Up**

(Repeat 3 times)

- Inhale to prepare.
- As you exhale, hinge forward from the hips with a straight back, lowering your torso so your head moves towards your knees.
- Once fully lowered, begin your inhalation, curling the spine vertebra by vertebra — from the tailbone up to the crown — until you return to an upright seated posture, with your head lifting last.
- Repeat the movement slowly and mindfully, synchronised with your breath. The emphasis here is a straight spine on the descent and a curling spine on the ascent.

## **Exercise 2: Curved Spine Down, Flat Back Up**

(Repeat 3 times)

- Inhale to prepare.
- As you exhale, begin to curl your spine downward, starting from the neck and upper back, moving vertebra by vertebra until your head comes between your knees.
- At the bottom of the movement, begin your inhalation, rising up with a flat, straight spine, maintaining length through the back.
- Repeat slowly, with the spine curling downward on the exhale and lifting upward in a straight line on the inhale.



### **Exercise 3: Side-to-Side Spiralling Stretch**

(Repeat 3 times)

- Inhale to prepare in an upright seated position.
- As you exhale, lower your right ear toward your right knee, while looking at your left knee.
- Gently slide your head across, moving it toward your left knee, and once there, turn your head to look at your right knee.
- On your next inhalation, lead with your right ear to spiral the head and spine back up to a forward-facing upright posture.
- Repeat the same process to the opposite side:
  - Exhale, bringing your left ear to your left knee, while looking at your right knee.
  - Move your head toward the right knee, turning at the end to look back at your left knee.
  - Inhale, leading with your left ear, rising smoothly to the starting position.

This spiralling motion gently activates the lateral and rotational movements of the spine and neck, helping to loosen stored tension and increase energetic circulation through the spinal axis.

This complete flow gently awakens the body after stillness, enhances spinal mobility, and prepares you to transition mindfully back into your day. Let each breath guide the movement, and keep the transitions slow, smooth, and conscious.