

Mid-Back Extension

Benefits

Integrates breathing with spinal movement; improves posture; lengthens the spine.

Starting Position

Sit on the floor with the roller crosswise behind you, knees bent, feet hip-width apart. Gently lean back into the roller at the bottom of your shoulder blades, elbows reaching wide, hands supporting the weight of your head.

Movement Sequence

Inhale

Gently arch back over the roller, extending middle back, and simultaneously slide one leg out long.

Exhale

Activate core, and return your spine and leg to starting position.

Repeat 6–8 times, alternating legs.



- Breathing sets the rhythm of your movements; inhale into spinal extension, exhale easing forward.
- Extend your middle spine as far as feels comfortable, supported by your core muscles and the roller.
- Notice the open, spaciousness across your sternum, collarbones, and the front of your shoulders.

Shoulder Bridge

Benefits

Integrates core and lower body movement; strengthens core and lower body.

Starting Position

Lie on your back on the floor, aligned spine. Hips and knees bent, feet on roller at hip-width apart.

Movement Sequence

Inhale

Breath expands three-dimensionally.

Exhale

Activate core, and extend hips to lift your pelvis off the floor, creating bridge position from knees to shoulders.

Inhale

Bend one hip to lift your bent leg off the roller.

Exhale

Return leg to roller.

Inhale

Lift other leg off the roller, bending at hip.

Exhale

Return leg to roller.

Inhale

Breath expands, maintaining bridge position.

Exhale

Fold at your hips, deepening hip creases, to lower pelvis to the floor.

Repeat 5–8 times.



- Maintain the balanced symmetry of your pelvis, avoiding excessive shifting or tilting toward one side.
- Allow femur heads to roll back and sink into hip sockets as hips bend, to roll forward as hips extend.
- Sense your shoulder blades resting into the floor, with your shoulders, neck, and jaw relaxed.
- Added challenge: Stay in bridge position, alternate marching your legs 3–5 times, then lower pelvis.