

Asana: 1 - roller on back (roller on back)



Benefits/Comments: opens up muscles in the back
Variation Comments: roller on back, hands behind head or neck

Technique: 1

Description: Begin with the roller at the waist. Lay as heavy on the roller as your back can handle and use your elbows as a bit of support.



Technique: 2

Description: Variation is to place the hands behind the head or neck.



Technique: 3

Description: Roll as high up into the back as you can keeping the neck and head under control



Asana: 2 - neck traction (neck traction)



Benefits/Comments: gentle opening on cervical spine

Variation Comments: neck traction

Technique: 1

Description: Lie with the base of the skull on the roller and knees bent, knocking together and feet a little wide.



Technique: 2

Description: Roll to one side by bringing one arm over the other arm.



Technique: 3

Description: Now use your top hand and bottom elbow to gently push yourself up.



Asana: 2 - neck traction (neck traction)

Technique: 4
Description: Now push yourself up.

