Tighten Your Tinkler

SILLY NAME. SERIOUS RESULTS.

90/90 Decompression

This position is a "self-adjustment." By putting your spine, pelvis and hips in this position you will be decompressing your pelvis, back, hips, pelvic floor, and your "fight or flight" system.

If you have pain, tightness, or pressure in your back, hips, pelvis, or pelvic floor, do this position as needed for relief. Many enjoy it first thing in the morning, and others prefer doing it in the evening before bed - or both!



1) Find a dining room chair, ottoman, or bench, and a pillow or folded towel (or several), as well as a 1-in. thick paperback book.
2) Lie on your back on the floor and scoot your booty down to get your hips and knees bent at 90 degrees (it is important that you find the right position so that your back and hips can relax). If your knees are too far back it will pull on your low back and tailbone.
3) Once you find the correct position just hang out. Place a 1-inch paperback book under your head, and breathe.
4) Hold the position for at least 10-minutes.

*If your tailbone begins to feel uncomfortable as you hold this position, make a wash cloth pillow and place it under your tailbone. You can go back and watch the teaching video to learn more.



Jenn & Christina

We want to help you feel your best! If you have questions, reach our via DM, email, or through our website.
Your biggest cheerleaders, Christina & Jenn

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