



The Tripping Yogi

Breathe. Stretch. Travel. Thrive.

Feeling Stiff from a Long Day of RV Travel?

"My back is tight!" "I'm so sore." "Everything hurts!"

How often have you said this as you got out of your truck, motorhome, skoolie, class B/C or car?

I can help! I'm Theresé, a fulltime RVer and traveling yoga teacher. Living the RV life is a great adventure. You're so excited to get to your next destination that you endure extended periods of driving and sitting, which can take a toll on your body. This often aggravates already tight muscles in the low back, hips, hamstrings and shoulders.

Here are 6 quick and easy stretches with photos and instructions. These stretches can be done by anyone. You don't have to practice yoga to do them. Doing these stretches at regular intervals at rest areas or roadsides can make your long travel day a lot more comfortable. For maximum benefit plan to stop at least every 3 hours for a short 10-15-minute stretch break. Download them to your phone so they're handy when you stop. Making stretching part of your travel day gives you several benefits:

- Increases blood flow throughout your body.
- Lengthens muscles that have contracted by sitting.
- Breathing deeply restores your energy from travel fatigue.

6 Stretch Sequence

I've planned this sequence to let your body stretch in the most beneficial way to alleviate your stiffness and travel fatigue. Do them in sequence or pick stretches for your tightest areas. If you have an illness or injury please seek medical advice. This sequence is not a substitute for professional medical advice or treatment.

Let me know what other areas bother you on travel days, and I'll plan a stretch sequence for them.



1. Back Stretch

What it does: Relieves mid and low back pain by stretching the front and back sides of the body simultaneously.

How to: Place your hands on the table. Walk your feet back until you are on your tip toes. Gently lean your hips into the table. Draw your shoulder blades closer together.

Hold: Take 3-4 deep breaths. Repeat as often as you like.

2. Hamstring Stretch

What it does: Relieves tight glutes and hamstrings by stretching the length of the leg.

How to: Place left hand on the table for support. Place right heel on the bench. Reach your hands toward your toes. Rest one or both hands on your leg or toes. Flex your right foot towards you. It's ok to have a slight bend in your knees.

Hold: Take 3 deep breaths; repeat on the other side.



3. Hip Flexor Stretch

What it does: Relieves tight hip flexors in the front groin area where the hip and leg attaches.

How to: Place right hand on the table for support. Place the left leg behind you on the bench so the leg is on a slight angle. Slightly bend the right knee until you feel the left hip flexor stretch. Bend into the stretch to your point of comfort.

Hold: Take 2-3 deep breaths; repeat on the other side.

4. Twist Side Stretch

What it does: Relieves tight muscles along both sides of the spine from the shoulders to top of hips.

How to: Sitting at the end of the bench cross the left leg over the right. Place the left hand on the inside of the left knee/thigh area. Inhale to straighten your spine and twist gently to right. Place the right hand behind you for support. Gently twist right to your point of comfort.

Hold: Take 2-3 deep breaths; repeat on the other side.



5. Figure Four Stretch

What it does: Relieves tight glutes, hips and hamstrings.

How to: Sit on the bench and place right ankle on left thigh just above the knee. Flex your left foot. Place your hands on your legs and gently press down and lean forward to your point of comfort.

Hold: Take 2 or 3 deep breaths; repeat on the other side.

6. Side Bend Stretch

What it does: Relieves muscles along the side body from the waist up to finger tips.

How to: Place your left hand on the table for support. Spread your feet apart. Raise your right arm overhead and dip over toward the table to your point of comfort. Keeping the feet wide gives you an inner thigh stretch as well.

Hold: Take 2 deep breaths; repeat on the other side.



About Therésé

I'm a yoga teacher and full-time RVer. I help RVers keep up their yoga practices and health on the road. I travel the US and Mexico teaching yoga, exploring communities to gather inspiring life stories to share on [The Tripping Yogi blog](https://www.thetrippingyogi.com). Follow me on Instagram [@thetrippingyogi](https://www.instagram.com/thetrippingyogi) and Facebook under [Theresé Julo](https://www.facebook.com/ThereséJulo)