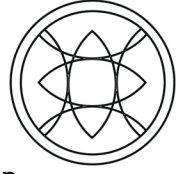
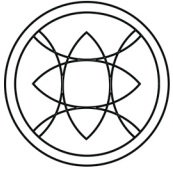


# Teardrop Support Cushion



The unique design of the Teardrop support enables it to open your upper back, support your mid back and traction your lower spine. The overall effect frees most back pain sufferers from discomfort.

The Teardrop Support is the most effective, comfortable and least expensive back arch available anywhere. Made using the same sturdy cotton canvas employed in bheka brand studio quality round and rectangular Bheka Bolsters. These back supports are filled with organic buckwheat hulls. They are double stitched and built to last.

## Teardrop Support Basic Use:

### 1. Tapered End Forward

Sit in front of the Teardrop with your knees bent and feet near your buttocks. Snug the tapered end into the area behind your tailbone. Once it's in place, bring your hands behind you to support your body. Going very slowly, lie back on the Teardrop. You want to feel each vertebrae as it sinks into the buckwheat. Finally rest your neck on a Tadpole cushion (or cushion of your choice). Then release your legs to the floor and let them relax completely.

You want to spend your time on the Teardrop Support Cushion sensing into your back. Feel the compressive force into your thoracic spine. Feel the tractioning of your lumbar spine. This is a winning combination that triggers the parasympathetic nervous system, allowing you to relax as your back lengthens. Concentrate on your breathing and notice how with each breath your vertebrae and chest open up and expand.

Do at least three deep belly breaths. Inhaling and letting your stomach relax and expand completely. This will help open the spaces between the vertebrae, especially in the lumbar region. Relax on your exhalation. Repeat. After a few of these breaths, just relax and breath naturally. Witness the difference between exertion and complete relaxation.

When you are ready to deepen the experience a bit further, do 3-part-breath. Inhale filling the belly, the chest and then the top third of the lungs. Consciously breathing into the middle and upper thorax will open up the ribs and vertebrae of the mid and upper body. Relax completely on exhalation. Repeat. After 3 or more complete breaths relax and breathe naturally. Spend at least 5 minutes witnessing your breath and the continued opening of your back, chest and spine.

### 2. Remove One or Both Tadpole Cushions

For those who are more flexible, you may at some point not want to have your head propped up. You may feel invited to remove one or both of the Tadpole cushions. Take care here. You don't want to go anywhere that's painful or uncomfortable. Removing the cushions will create greater opening of the cervical and lumbar regions as well as adding to the compressive force into the mid back. If it feels right and is comfortable for you, I encourage you to try it.

### 3. Blunt End Turned Around

Another way to deepen your practice on the Teardrop, especially for people who have lower back issues, is to turn the cushion so that the blunt end is into the lower back. This is going to put more compressive force directly into the lumbar region and can help you work out a lot of kinks. It also can be too intense if your back is sore. This is another reason to work slowly and carefully. You have to feel your way through it to make sure it is right for you. If it is right for you, it may bring you great relief.

Another thing that you can do, to customize your experience, is to manipulate some of the buckwheat in the Teardrop to increase or decrease its height. This is one of the nice things about the Teardrop. The buckwheat fill can be adjusted to your specific needs on any given day.

### 4. Teardrop Rolling Dismount

Getting off the Teardrop sometimes can be daunting. You will be so relaxed, it will be hard to imagine ever getting up. Fortunately, when you do need to get up off the Teardrop, there is an easy way to do it. Bend your knees, so your feet are on the floor up near the buttocks. Let your legs drop off to one side, letting your torso turn in that same direction and you'll just basically slide off the Teardrop into a fetal position.

Take a few breaths, just relaxing right there. Coming off the Teardrop you're going to notice a lot of changes right away. Take a moment to drink them in. When you are ready, sit up and eventually stand up. Take a nice slow walk around to see the effect of your time in deep relaxation on your back, hips, shoulders and lungs. I expect and hope, you will be delighted with how fantastic you feel as you move back into your day or night.

The Teardrop and Tadpole cushions are available in a variety of colors @ [www.yogalifestyle.com](http://www.yogalifestyle.com)  
For more info please watch our youtube video: <https://youtu.be/nULppqyNUjo>

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