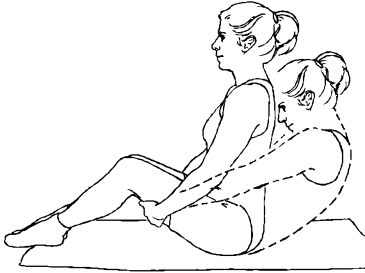




Half Roll-Down



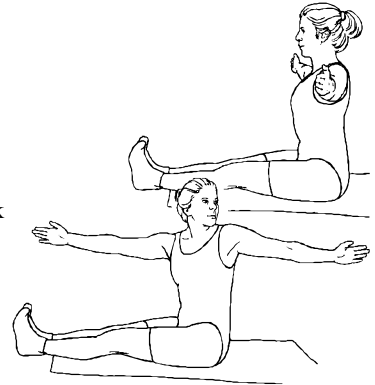
Sit straight, legs bent, hands under thighs for support or relaxed in front of you. Exhale, slowly rounding back halfway. Inhale, returning.

Repeat 10 times.

*NOTE: Do not hunch shoulders.*

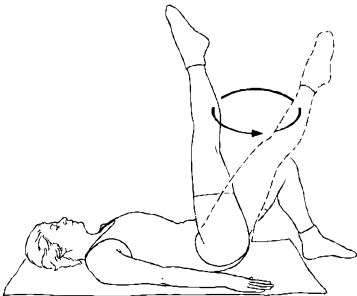
Twist

Sit up straight, legs pressed together, feet flexed. Reach arms out to sides, palms down. Exhale, twisting twice to one side. Inhale, returning. Keep arms straight, shoulders back & down. Don't let legs & hips shift when twisting.



Repeat 10 times, alternating sides.

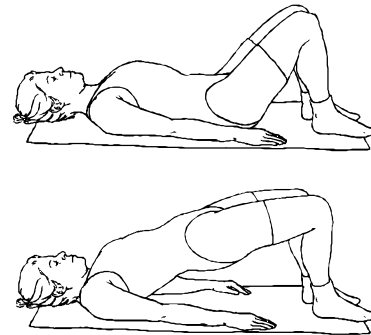
Single Leg Circle



Lie on back, one leg bent, other leg straight up. Inhale, circling leg across body, and exhale while circling down and around to beginning. Maintain still pelvis; avoid rocking.

Repeat 5 times clockwise, then counterclockwise. Repeat with other leg.

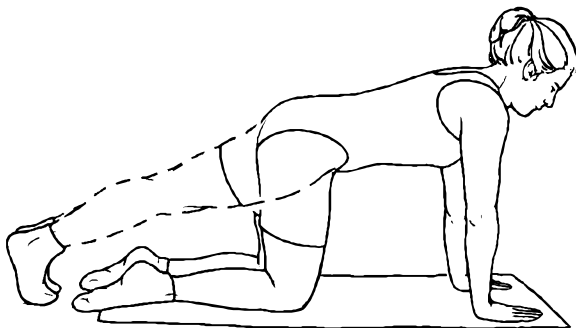
Bridge



Lie back, legs open & parallel. Press hips up. Keep body weight on scapula, not on neck. Roll down slowly along spine returning to neutral.

Repeat 10 times.

Front Arm Support



On hands and knees, extend right then left leg to push-up position. Keep body in straight line. Shoulders away from ears and neck relaxed.

Hold for 3 smooth slow breath cycles. Repeat 3 times.