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INSTRUCTIONS

1. Shoulder shrugs. Inhale the shoulders up and exhale them down. Continue for about 10 repetitions.
2. Neck rolls. Bring right ear towards your right shoulder then slowly circle the head forward bringing the left ear to the left shoulder. Continue the half circles for 5-10 repetitions.
3. Neck bends. Bring right ear towards your right shoulder and lengthen the left arm to the left. Hold and breath 5 breaths and then switch sides.
4. Eagle arms. Raise your arms up and sweep the right elbow under the left crossing at the elbows and maybe the wrists. Reach your arms away from your chest. Hold 5 breaths then switch.
5. Locust variation. Lie on your stomach with your head turned to the right. Cross your hands, palms up, over your sacrum. Inhale lift the chest, right arm and left leg, and bring the head to centre. Exhale lower your chest and leg while sweeping your arm behind and turning your head to the left. Repeat on the other. Continue 4 times on each side.
6. Supported bridge pose. Lie on your back with your knees bent. Raise your hips up to place a block or prop under your sacrum. Arms are by your sides. Hold 1-2 minutes.
7. Tuck pose to traction the spine. Hug your knees to your chest.
8. Reclined spinal twist. Lie on your back with your arms out into a "T" position. Bend your knees with the feet on the floor and shift your hips slightly to the right then over your knees to the left and turn your head to the right. Take 5 deep breaths. Switch sides.
9. Tuck pose 5 breaths.
10. Relax for a few minutes.