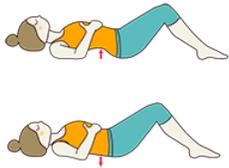


Core Home Practice



Practice pelvic tilt, pressing the spine down on the exhale, up on the inhale. Notice how the belly draws in with you press the spine down.



Place feet wider than hip width apart. Alternate sides, bringing one knee down across the midline.



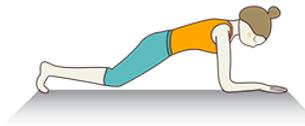
Repeat 6x with legs going straight up, then with legs going to half way down (45 degrees). Focus on the core.



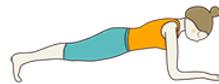
Exhale as you round the spine and feel the belly draw in, inhale as you arch, still maintaining the abdominal support.



Stretch the legs back, let chin rest on your wrists. As you breathe, feel the abdominal movement.



Come up onto forearms, maintaining support through the core. Hold for several breaths.



Rest and repeat the above pose with straight legs if comfortable.



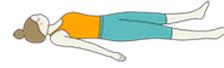
Practice stepping one leg back and bringing it forward, while keeping hands on your hips, repeat several times on one side. Then maintain the pose and add cactus arms (as pictured). Exhale, press the forearms together, feel the core engage. Open the arms, maintaining the core. Repeat on the other side.



Step the foot over the opposite knee, bring opposite arm around the knee. Hold each side for 2-3 breaths, focus on turning from the belly.



Start with knees bent, feet on the floor. Slide hips to the right, draw knees into the chest and move knees to the left. Use support for the top leg as needed. Turn chest away from the knees to bring twist into the upper back. Rest 2-4 min on each side.



Rest, progressively relaxing the whole body, from the toes to the crown of the head. (2-3 min). Use support as needed under head and knees.