

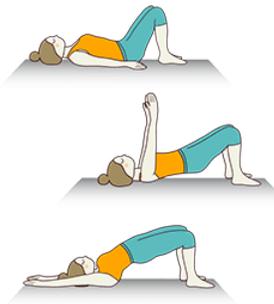
10/27/25 Front body opening



Exhale, press the spine into the floor, inhale, arch the spine away from the floor, 6x



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



Inhale, lift the hips and the arms, reaching the arms all the way behind you, exhale lower the hips and the arms. 6x



Roll head side to side



Start with knees bent, feet on the floor. Draw one knee in, slowly straighten the other leg by sliding the heel forward.



Place a block under the sacrum. Keep one knee bent, slowly stretch the other leg out, to lengthen front of the hip.



Rest for 4 breaths.



Exhale, move hips back towards heels, inhale, draw chest forward, shoulders back. 4x



Inhale, reach arm up, exhale, slide it under. Repeat 3x on one side, then switch sides.



Start in the center, then reach arms to one side, hold for 3-4 breaths., do both sides.



Move hips forward and back, coordinating with breath.



Tuck the toes under and straighten the back leg. Keep weight even in both legs and out of the hands.



Put blocks on the tall side, lift the chest



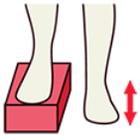
Lift one arm up, on the back leg side. Lengthen through the torso and arm.



Hold each side for 3 br



Start with arms out to the sides, then reach over to the right, lengthen left arm over your ear. Hold 3br



Put your hand on the wall for balance, stand on the block, let the other leg relax and swing it back and forth



Hold on to the wall, grab the foot and point the knee straight down



From previous position, hinge forward (use the wall for balance)



Press the forearms down, drawing the mat towards you isometrically. 2x



Lie facing down, place palms at the sides of the chest, little fingers touching the edge of the mat. On the exhale, feel the belly draw in. As you inhale, keep the core engaged as you broaden the shoulders and lift the chest, with only minimal weight in the arms. Lower on the exhale and repeat 3x



Lengthen back through the legs, alternate sides.



Keep arms wider than shoulders, press palms into the floor, draw hips back and draw chest towards the thighs.



Rest for 4 breaths.



Support back and head with blankets, blocks under the knees. Hold for 1-3 min



Press the feet and the shoulders into the floor, inhale, roll the spine up, exhale, roll down. Bring movement into the upper back. 6x



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.



Bring knees into the chest, relax the back gently rocking side to side.



Rest in a comfortable position, eyes closed. Progressively relax the whole body from the feet up. 1-2 min