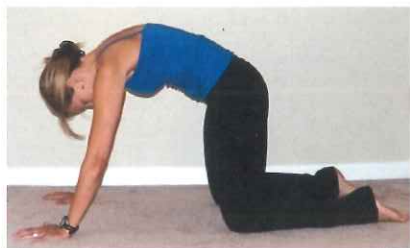


CAT POSE



In hands and knees with your hands placed shoulder width apart and knees under your hips, as you exhale, slowly round the spine, pulling the belly button towards the spine. Emphasize stretching the low back area with less rounding of the upper back to create symmetry in the reversal of the spinal curves. As you inhale return to a neutral spine or proceed towards Cow Pose

Repeat 10 Times
 Hold 5 Seconds
 Complete 3 Sets
 Perform 2 Times a Day

COW POSE



In hands and knees with the hands under the shoulders and the knees under the hips, slowly inhale as you drop your belly towards the floor, bringing the shoulder blades together and opening your chest, lifting the chin gently towards the sky. Roll the shoulders back and down and gently engage your abdominals to support the low back. Exhaling, begin to bring the belly button in towards the spine and return to neutral or proceed towards Cat Pose.

Repeat 10 Times
 Hold 5 Seconds
 Complete 3 Sets
 Perform 2 Times a Day

BRUGGERS



Sit on edge of chair as shown, your feet point outward, hands point downward. Begin to bring your shoulder blades together opening the chest and rotating hands back.

Repeat 10 Times
 Hold 1 Second
 Complete 3 Sets
 Perform 2 Times a Day

Doorway Stretch

