



Child's Pose with Rotation

In a kneeling position with your toes touching and knees apart, sit back on your heels, extending your arms forward and torso toward the floor. Slowly move your hands to one side, back to center, repeat on the other side.

Repeat 3x Hold 5-10 seconds
Complete 1 set 1-2x Daily



Figure 4

Lying on your back, cross one ankle over the opposite knee, forming a figure 4 shape with your legs. Wrap your fingers behind your thigh and pull towards you. Repeat on the other side.

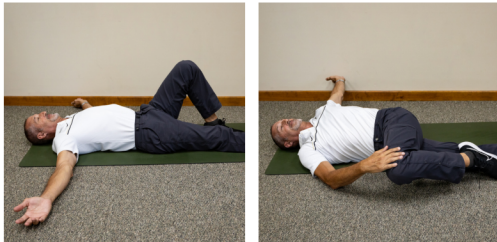
Repeat 3x Hold 5-10 seconds
Complete 1 set 1-2x Daily



Supine Back Rotation

On your back, bend and lift your knees to 90 degrees, keeping your feet together. Slowly let your knees rotate to the floor, then bring your knees back to center and repeat on the other side.

Repeat 3x Hold 5-10 seconds
Complete 1 set 1-2x Daily



Supine Spinal Twist

Lying on your back with one knee bent, bring the bent knee to the opposite side while keeping your shoulders grounded. Return to center and repeat on the other side.

Repeat 3x Hold 5-10 seconds
Complete 1 set 1-2x Daily



Supine Knee to Chest

Lying on your back with knees bent and touching, slowly bring both knees toward your chest. Clasp your hands around your knees and pull the knees gently towards your chest.

Repeat 3x Hold 5-10 seconds
Complete 1 set 1-2x Daily



Cobra

On your stomach, place your hands under your shoulders with fingers forward while resting the tops of your feet on the floor. Engage your core, inhale, and lift your chest off the floor. Roll your shoulders back and down, opening your chest..

Repeat 3x Hold 5-10 seconds
Complete 1 set 1-2x Daily