

Relaxation and Stretching

Relaxation Breathing



Standing Position - Focused breathing six counts bringing arms up Slowly and Exhale. Repeat x 2

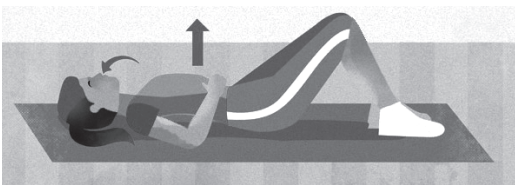


Lady bug pose

Low back stretch assisted Focused breathing six counts in/out. Massage/stretch lowback assisted gentle massage low back.



Laying on Mat/Spine



Repeat Inhale/Exhale six counts in and out gentle stretch shoulders/neck