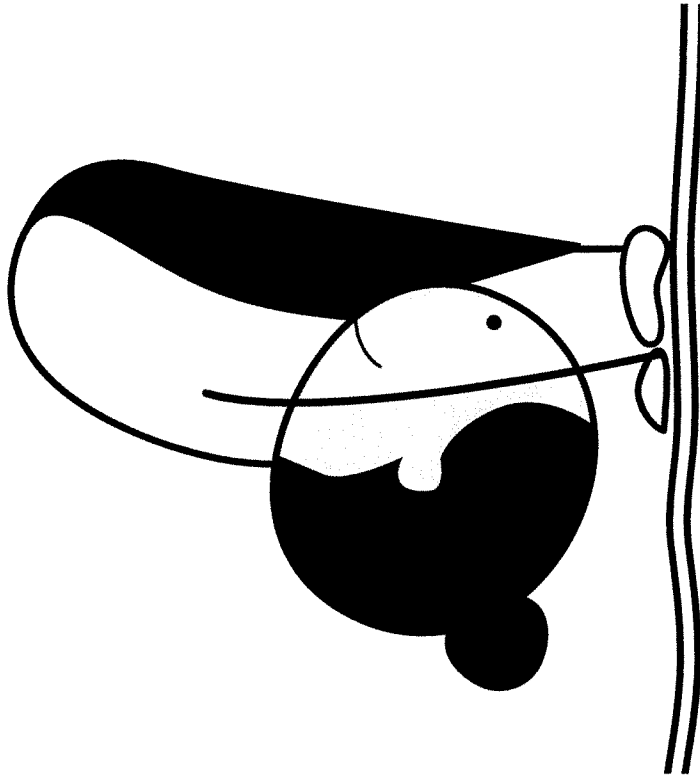


Forward Bend



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Forward Bend

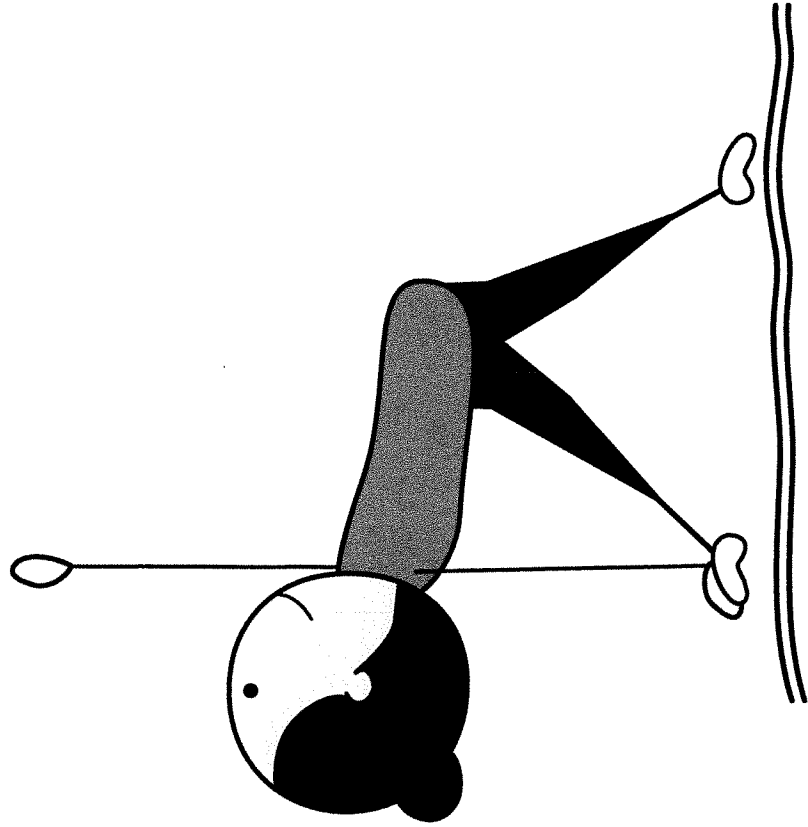
Purpose: Improves flexibility in the spine, legs and ankles. Stimulates the vestibular system with the inverted position of the head. Relieves lower back compression.

Directions:

1. Start with the feet about shoulder width apart. The feet should be pointing straight forward, with the toes in line with the heels. Lift the hands toward the sky to lengthen the spine.
2. Breathe out, keep the spine lengthened and bend forward from the hip joints.
3. Bring the palms or finger tips to the floor and touch the ground directly underneath the shoulders. If it is too difficult to touch the floor, cross the forearms and hold the elbows.
4. In this position, take some deep breaths. When breathing in, lift and lengthen the chest. When breathing out, release and fold deeper into the forward bend.
5. After several deep breaths in the forward bend position, tighten the thighs and back muscles and return to the standing position.

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Triangle Pose



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Triangle Pose

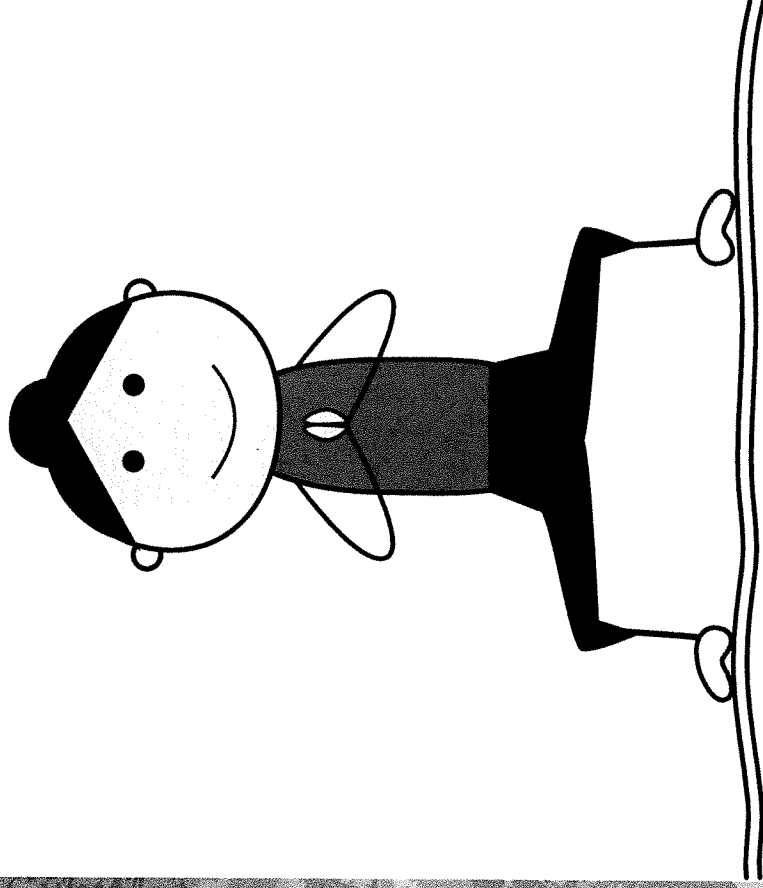
Purpose: Improves flexibility and balance. Strengthens the core, hips, legs and feet.

Directions:

1. Start with the feet hip width apart and put arms at your side. Step the feet further apart, turning the right foot out 90 degrees. Turn the left foot slightly inwards.
2. Raise the arms up to the side at shoulder height. Keep the palms facing forward. Stretch and reach the arms apart.
3. Breathe out, reach with the right hand towards the right foot and bend at the right hip. Keep the arms apart.
4. Turn the left palm forward, with your fingertips reaching toward the sky. Put the right hand on the lower leg, ankle or floor if able. Line up the shoulders so the left shoulder is directly above the right shoulder.
5. Turn your head and focus on the left thumb.
6. Hold this pose while taking deep breaths.
7. Repeat on the opposite side.

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Squat Pose



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Squat Pose

Purpose: Improves flexibility in the upper body, chest and hips. Increases muscle strength in the core, hip, legs and feet.

Directions:

1. Stand with the feet shoulder width apart. Bend the elbows at shoulder height and bring the palms together at the chest. Turn the feet out 45 degrees.
2. Breathe out, bend the knees and squat down over the toes.
3. When holding the squat, elongate the hips forward and spread the knees back. Press the palms together opening the chest bringing the shoulders back. Keep your eyes focuses straight ahead.
4. Take deep breaths while holding the squat pose for about 30 seconds.

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