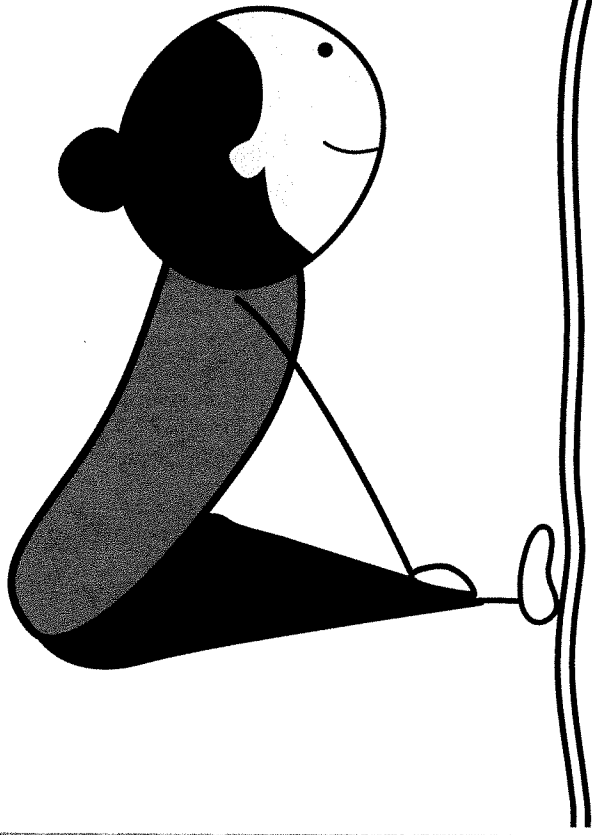


Half Standing Forward Bend



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Half Standing Forward Bend

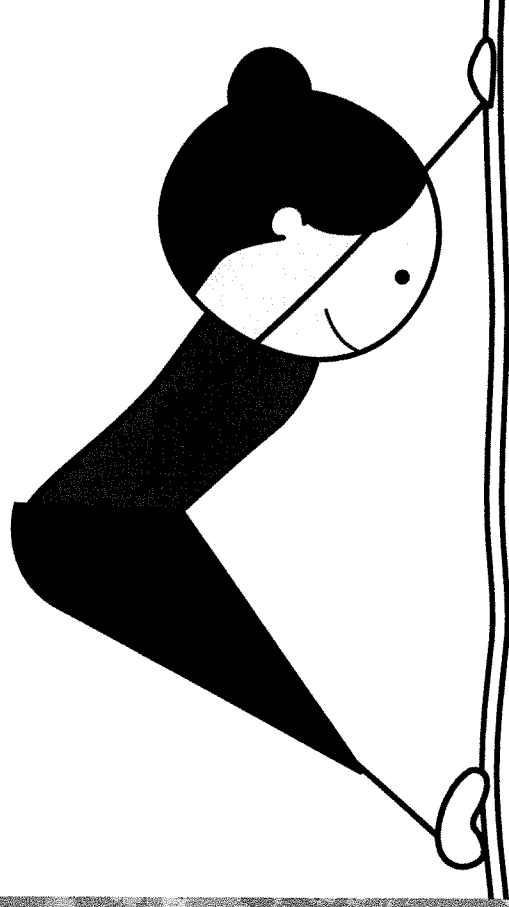
Purpose: Increases flexibility in the spine, hips and legs.
Improves posture.

Directions:

1. Starting in standing forward bend pose, place the palms of the hands on the lower leg (shins).
2. Breathe in, raising the front of the chest away from the thighs, lengthening the torso. Straighten the elbows.
3. Focus the eyes forward but do not strain the neck. The spine should be straight. If it is not, bend the knees slightly to help keep the spine straight.
4. Tighten the thighs muscles keeping the knees slightly bent. Keep the hips over the ankles.
5. Taking deep breaths, hold this pose for 30 seconds to one minute if able.

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Downward Dog



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Downward Dog

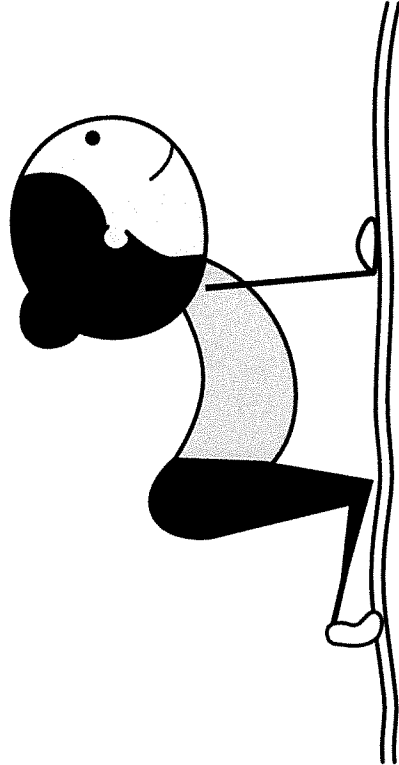
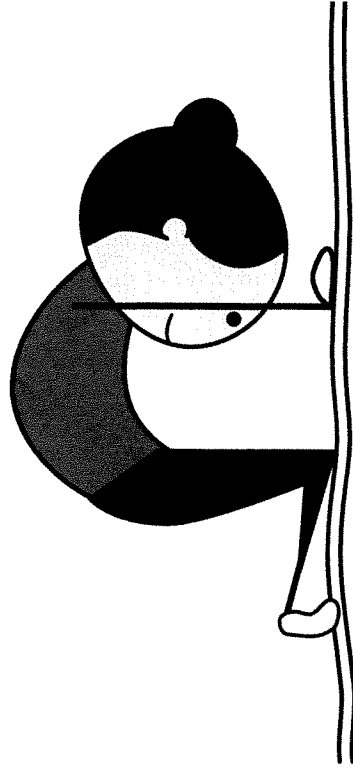
Purpose: Improves balance. Stretches the back and the hamstring muscles (back of the thighs). Strengthens the shoulders, arms and the core muscles. Stimulates the vestibular system with the inverted position of the head. Relieves lower back compression.

Directions:

1. Start on the floor on hands and knees or Cat/Camel pose. Flex the ankle and place the balls of the feet on the floor.
2. Lift the hips up towards the sky. Slowly straighten the knees. Stretch the heels down to the floor.
3. Press the hands into the floor, pushing the arms away from the floor. Tighten the belly. Keep lifting the hips towards the sky trying to keep the heels on the floor.
4. Relax the head between the upper arms but don't let it hang.
5. Hold this position and breathe deeply.

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Cat and Cow



Cat and Cow

Purpose: Stretches the back and neck. Strengthens the arms, legs and core muscles. Relaxes the body.

Directions:

1. Start on hands and knees. Keep hips over knees and shoulders over hands. Head and spine should be in neutral position.
2. Cow Pose: Breathe out and slowly round the spine toward the sky. Relax the head (but do not let chin touch the chest). Maintain hips over knees and shoulders over hands.
3. Cat Pose: Breathe in and let the belly lower, lifting shoulders and the hips towards the sky. Raise the head to look forward.
4. Breathe out and return to neutral position.
5. Repeat sequence 5-10 times.