



DAILY MOVEMENT

CAT/COW MOVEMENTS

THORACIC TWISTS

FORWARD FOLD

HIP OPENER (PIGEON)

BALANCES

BREATH PRACTICES

SQUARE BREATHING

Match length of exhale with length of inhale.

4 PART BREATH

In through nose, out through mouth, in through a straw, out through nose.

ALTERNATE NOSTRIL BREATH

Breath in through L and out through R. Breathe in through R and out through L. Repeat.

