

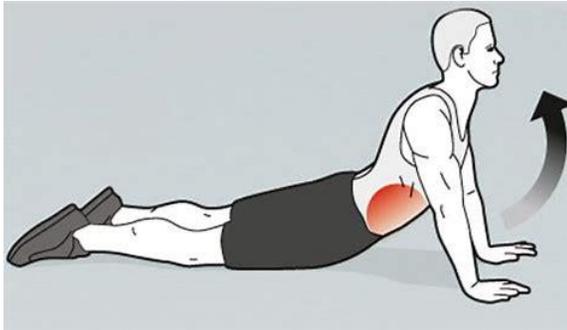
Crocodile Breathing:



Breathe in and out through your nose while using your belly, you should feel it push against the ground. The exhale should be longer than the inhale and pause after each exhale.

2-5 mins then work up to 10-15mins.

Cobra Push Up



Raise your head and shoulders upward as far as you can go, looking like a cobra ready to strike. Inhale as you raise your body upward. Focus on using your back muscles to lift your torso off the floor and just use your arms for support. Position the rest of your body properly.

Cat-Cow



Begin on all fours with your arms directly under your shoulders and knees bent 90 degrees. Slowly round your back up toward the ceiling, then let it sag down to the floor while looking up, and repeat. Make sure to use your entire back for the motion and keep your movements slow and controlled.

Side laying thoracic rotation



Begin lying on your side with your knees and hips bent at 90 degree angles, arms straight, and your palms together by your knees. Lift your top arm up toward the ceiling and diagonally behind you, rotating your upper trunk. Then slowly return to the starting position and repeat. Make sure to keep your hips and knees stationary as you move your arm.

Childs Pose



Come to all fours (Tabletop position). Slowly begin to walk your hands out in front of you, lowering your chest down toward the ground. Keep your hips over your knees and your arms shoulder distance apart, and gently release your forehead down to the ground and reach your hips up high toward the ceiling. Can hold this pose for 5-10 breaths then slowly work back to the tabletop position

All Fours Side Opening



Get in a crawling position. Lift your arm up to the side while rotating the body. Let your eyes follow the arm. Lower your arm (repeat with other arm)