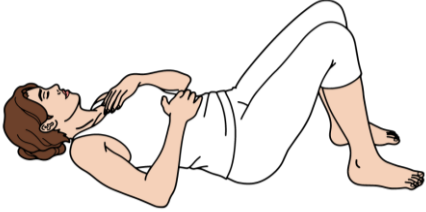


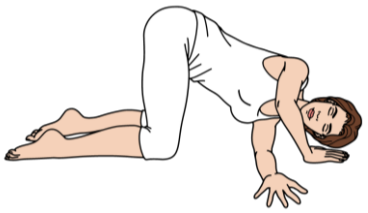
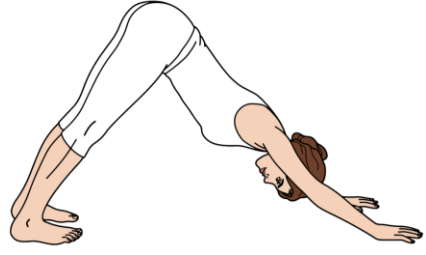





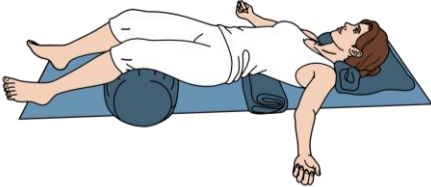


Practice some or all of the following sequence daily if possible.

	<p>Breath Centering-with Diaphragmatic Breathing (add sandbag) Lie down on the floor. Place your right hand on your belly, the left of your chest. Inhale through your nose if that is comfortable for you and expand the abdominal region fully. Exhale slowly through pursed lips. Try to keep the chest still. At the end of the exhalation, draw the navel in toward the spine to expel as much breath as possible before you begin another breath cycle. Repeat 1-2 min.</p>
	<p>LATERAL BENDS (2-5 each side) w/balance challenge Place hands on the floor next to hips, fingers turned out. INHALE: Reach left arm straight up in the air, lengthen left waist. EXHALE: Bend over to the right; keep head, chest & arm in the same plane (don't bend forward). Bend the right elbow in toward right hip to support the upper body in the bend. Repeat other side-move with the breath. For the last two sets, lift the opposite knee and hip and shift the weight to one sit bone to challenge your balance.</p>
	<p>CAT/TABLE/COW- (Repeat 5-10X moving with the breath) EXHALE: Elbows directly under the shoulders, hands may naturally need to be spaced wider; knees under the hips. Keep belly drawn in lightly toward navel to support the spine; round your spine, draw your chin to your chest as you exhale completely INHALE: Look up, relax the rounding to flatten your back into table pose. If it feels right for your body, lift your chest and tail bone and allow your abdomen lower into a back bend. Repeat.</p>
	<p>THREAD THE NEEDLE (hold for 5-10 breaths) Starting from table position, thread the right hand under your body as the right arm crosses the midline, draw the shoulder and side of the head to the floor; keep the chin tucked in toward your throat gently. If it doesn't feel right, place a blanket or pillow under your head/shoulder for support. You may keep the supporting hand on the floor as it is shown to the left, or lift the supporting arm up into the air. Hold for 5- 10 breaths. Repeat other side.</p>
	<p>DOWNWARD FACING DOG – (hold for 1-5 breaths) Start from table position. To set your hands, line up your elbows and your shoulders; place hands wherever elbows line up or wider (different for everyone). Turn your toes under, press palms into floor, lift hips up and back; keep knees bent gently at first. Pull the body back so the ears fall between the upper arms. Press through one heel then the other. Lift heels and lower. You may continue to move, or hold the pose static-whatever feels right for your body. If this feels like a strain on the shoulders, come down immediately. You may also try this on your forearms for wrist comfort, on a wall or onto a chair if you don't want to fully invert.</p>

	<p>TABLE TO DOWNWARD FACING DOG (2-5 reps) Move between table pose and downward dog with the breath. You may hold for a couple of breaths in each pose, or continue to transition between the two: Inhale= table, exhale = downward dog. When pulling back, exhale with an audible "HAAAAA!"</p>
	<p>SPHINX: (Hold for 10 breaths; work up to holding for 1 minute) Press through forearms and reach crown of head toward the ceiling. Release your jaw; relax your lower body muscles. If you are not sure how to do that, start by tensing the muscles in your abdomen, buttocks and legs, then release them.</p>
	<p>CHILD'S POSE: (Hold for 5-10 breaths) Bring your forehead to the floor, a block or pillow. If your ankles are uncomfortable, roll up a blanket and place it under the front of your ankles for support. Allow your elbows to drop to the floor. If you'd prefer to keep your head up, draw your forearms under your shoulders as you did in sphinx.</p>
	<p>SEATED TWIST WITH LEG CROSS OVER (hold for 5-10 breaths) Bend right knee and cross right foot over your left thigh. Inhale: lengthen your spine, exhale: twist. Place your right hand behind right hip. If your elbow reaches, hook your outer left elbow on the outer side of your right knee/thigh. Use your breath to massage the edge of your range of motion. Inhale: back off a bit, lengthen the spine; Exhale: twist. Repeat several times, then on the other side.</p>
	<p>KNEES TO CHEST POSE with PUSH/PULL (30 seconds- 1 minute) Gently draw your knees in toward your chest and hold. Place your left hand on the top of your knee, and your right hand on top of your shin (below your knee). Push your left knee and your left hand toward each other too create an isometric contraction; at the same time use your right hand to pull in on your right knee while your right knee pushes away from your chest. Hold for 10-20 seconds, then switch sides.</p>
	<p>FINAL RELAXATION POSE (2-10 minutes) To make yourself comfortable, consider using props to support the spine: small blanket rolled up and placed under your neck, a hand towel rolled up under the lumbar curve of your low back, and a pillow under your knees.</p>

Pranayama – Diaphragmatic breathing with sandbag or (bag of rice/beans) for 2-3 minutes.
 Meditation – Listen to a recorded guided meditation or talk yourself through a progressive muscle relaxation (PMR)