

Strong & Healthy Back

Improving posture, energy & health



1. Inhale – centre/prayer pose

Sit on the edge of your chair with hands at the centre of the chest, palms together with gentle pressure.

2. Inhale – reach up/mountain pose

Reach arms up and overhead allowing the back to arch slightly.

3. Exhale – fold over

Round over placing the hands on the thighs, stretching the back.

4. Inhale – “chin up”

Keeping hands on thighs, press chest up and forward leading with the chin.

5. Exhale - shrug

Keeping hands on thighs, pull stomach in and round back and shoulders creating a “C” curve

6. Inhale & Exhale – centre/prayer pose

Repeat as #1

7. Inhale – reach up/mountain pose

Repeat as #2 – and continue through cycle for desired time or sets

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