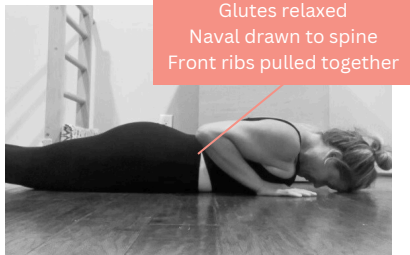


ONE: SWAN

- Lie on your stomach, legs open hip width distance, pressing tops of the feet into the mat.
- Place hands on mat underneath shoulders, elbows bent back toward your hips, in against your body.



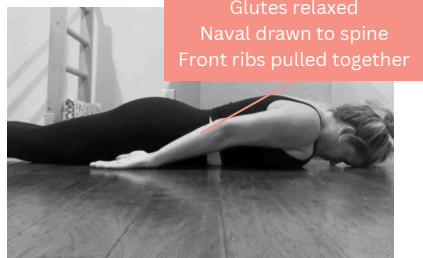
- Inhale to press palms into the mat lifting your eyes, nose, and chest keeping your arms against your body gazing in front of you.



- Exhale to lower.
- Repeat twice more, sit back to rest position (child's pose with legs together).

TWO: ARMS REACHING

- Lie on your stomach, legs open hip width distance, pressing tops of the feet into the mat.
- Rest arms against your body reaching behind you, palms toward the ceiling.



- On an inhale reach back long with your fingertips as you lift your gaze and chest looking directly in front of you.



- Exhale to lower.
- Repeat twice more, sit back to rest position (child's pose with legs together).

THREE: BRIDGE

- Lie on your back, legs together, legs bent, feet pressed firmly into the mat.
- Place arms against your side, back of your arms and palms pressed into the mat.



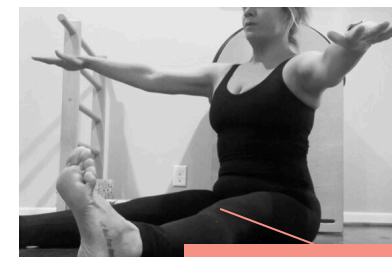
- Bring your pubic bone toward your naval, draw naval to spine, scoop the abs to peel one vertebrae at a time off the mat.



- Come down the way you came up, rolling one bone at a time back onto the mat.
- Repeat twice more, then hug knees to chest.

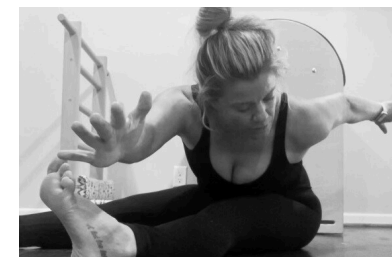
FOUR: SAW

- Sit with legs apart, extended in front of you, sit up straight lifting from the waist.
- Bring arms out to the side, in line with your shoulders.



Take a slight bend in the knee if needed to sit up straight

- Lift taller out of the waist on an inhale.
- Twist on an exhale reaching one pinky toward the opposite foot, reaching back behind you with other hand.



- Inhale to unwind, exhale to switch sides.
- Repeat twice more.