

Stretch the back and add strength to the core practice 10 to 12 minutes a day



DAVID MARTINEZ

Mountain

Stand and find height 3 to 5 breaths



RORY EARNSHAW

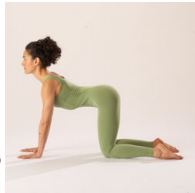
Triangle

Hold for 3 to 5 breaths—use a block or book to bring hand up higher



MARTIN SCONDUTO

Cat/Cow



Repeat 4 to 6 times using long and short breaths



RORY EARNSHAW

Childs pose

stretching into spine.

Begin here, graduate to bringing arms in front of head to floor and



Cobra-- Begin with a lower version, belly on floor and hold yourself up on forearms....work up to this level.



Happy Baby 5 to 6 long breaths, roll slightly left and right to gently massage back. Quiets the mind in addition to releasing the back.

Sandy Warren 704-713-0911

"The Retreat" at www.WellnesswithAttitude.com Sandy@sandrapwarren.com