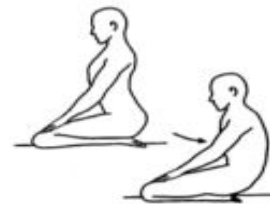


## Five Actions of the Spine

- The exercises, as described, move fluidly with the breath. Practice each for about five to ten breaths to begin- every hour if possible!
  - This sequence can be practiced standing or seated on the ground or in a chair- it's even a mid-flight favorite of mine when traveling!
  - As always, work within what is a safe range for you and your body. If practiced with regularity, you will likely gain greater range and more confidence and comfort over time. This is yoga training for the marathon, not the sprint... so pace yourself and begin gently:)
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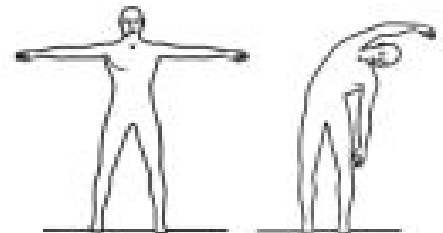
### 1&2) Flex and Bend (Forward and Back)

- On the inhale, bring the center of the chest forward, shoulder heads back, and collar bones wide.
- On the exhale, round back, taking the navel toward the spine.



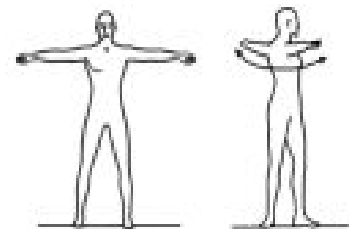
### 3) Lateral Flexion (Side to Side)

- On the inhale, lift both arms overhead.
- On the exhale, bring the Right hand to the side waist, ground, or seat of chair as you bring the Left overhead and lean to the Right.
- On the next inhale, come back up to repeat on the other side.
- Lateral Flex can be held for a few breaths on each side if you prefer the deeper stretch and challenging hold.



### 4) Axial Rotation (Twisting)

- On the inhale, lift both arms overhead.
- On the exhale, bring the Right hand forward and take the Left hand behind as you twist to the Left. Look back over your Left shoulder if safe/comfortable.
- On the next inhale, return to center to repeat on the other side.
- Twists can (and should) be held for a few breaths to deepen the posture.



### 5) Axial Extension (Lengthen the Spine)

- Extend along the axis by standing or sitting with your best, tallest posture. Inhale arms overhead and exhale to lower to plow with axial extension in another way.