

Posture

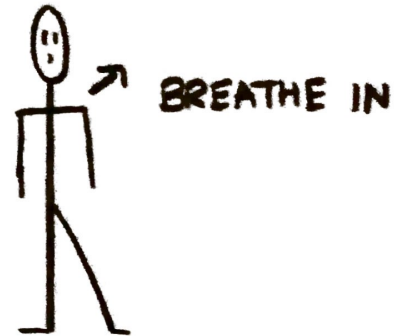
Breath in
Raise shoulders



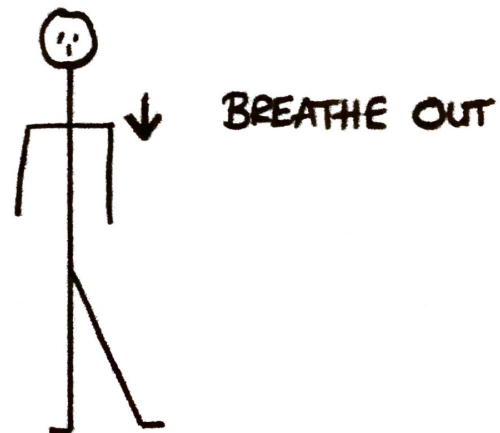
Thrust back as exhale



Keep shoulders back as breathe in



Drop shoulders down as exhale



Repeat 3-4 times

Posture

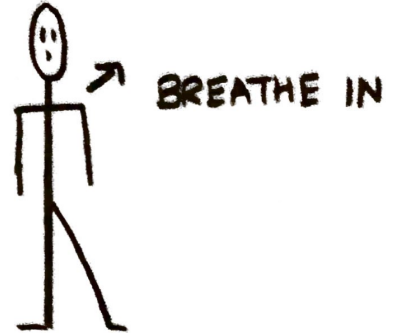
Breath in
Raise shoulders



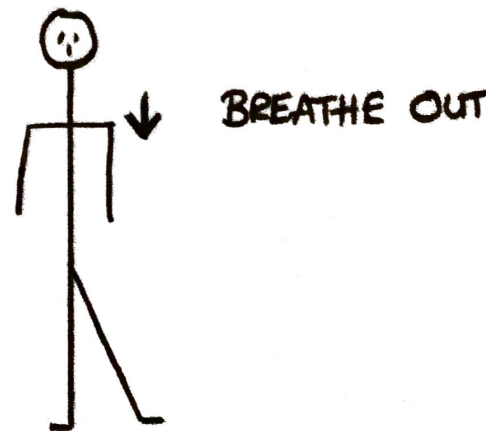
Thrust back as exhale



Keep shoulders back as breathe in



Drop shoulders down as exhale



Repeat 3-4 times