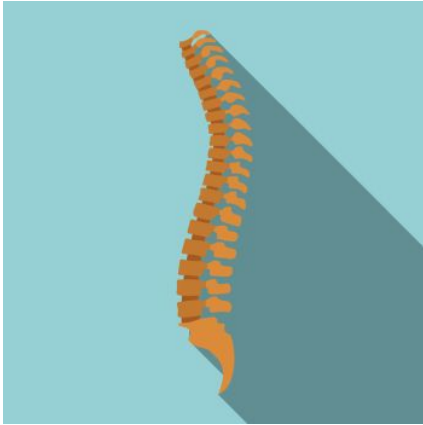


6 MOVEMENTS OF THE SPINE



1. Inhale arms up overhead. Interlace fingers, tilt hips back, round the spine.
2. Inhale arms up, exhale to circle arms behind your back. Interlace fingers or hands on back, exhale lift chest and back up.
3. Inhale arms overhead. Exhale to one side. You can grab your wrist with opposite hands, or arms can be suspended or down.
4. Same movement (#3) to the opposite side.
5. Inhale arms out to side and overhead. Exhale to turn torso to one side, rest one hand in front and one behind.
6. Same movement (#5) to the other side.