

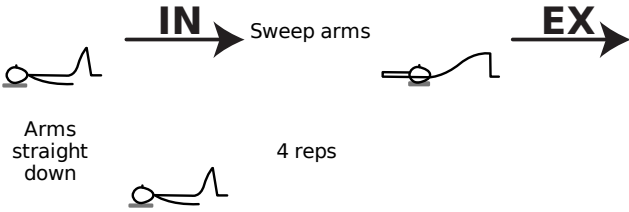





## Sequence for Increasing Flexibility for John, v.1 080719

**Long-Term Goal:** Increase flexibility overall. **Short Term Goal:** Increase shoulder and hamstring mobility; keep low back safe

1. Coordinate all movements with slow, steady breath.
2. If you notice you are not breathing smoothly or feel tension in face, neck, shoulders, that's a sign to relax.
3. Watch for "release valves." For example, when lying on your back stretching one leg up, as soon as your chin lifts or your back arches, that's a "release valve." Stop the stretch before that point.
4. Be mindful of posture - at the computer, in the car, at the dinner table. Sit upright on "sitting bones;" not back on sacrum. It may feel tiring at first, but you'll build core strength as you progress.

<p>1</p>  <p>6 reps</p>	<p><b>MOUNTAIN POSE</b>          Stand tall; chin level with the horizon.          IN, Sweep arms up, palms facing in. Don't force. Breath is smooth; face/neck relaxed.          EX, Slowly lower the arms.          Improves posture, mobilizes shoulder joints and muscles.</p>
<p>2</p>  <p>6 reps</p>	<p><b>CHILD-TO-TABLE POSE</b>          Use folded blanket on calves as "landing pad"          IN, Traction palms on mat, lift head/chest to table position, hips over knees; avoid over-arching low back.          EX, Bow down, lowering head, shoulders, then hips.          Articulates entire spine: engages upper back, stretches lower back, hips.</p>
<p>3</p>  <p>Arms straight down</p> <p>4 reps</p>	<p><b>BRIDGE POSE WITH ARM ADAPTATION</b>          Thin blanket under head.          IN, Lift hips and sweep arms along floor to overhead          EX, Take arms straight down as you lower spine and hips          Stretches chest, upper back, quads; strengthens hamstrings, glutes to support low back; increases shoulder mobility.  <b>See video demo:</b> <a href="https://www.instagram.com/p/BmtPrSEI94s/?utm_source=ig_web_button_share_sheet">https://www.instagram.com/p/BmtPrSEI94s/?utm_source=ig_web_button_share_sheet</a></p>
<p>4</p>  <p>6x each side    Then stay 3-4 BR</p>	<p><b>HAMSTRING STRETCH</b>          Thin blanket under head, chin level w/ chest. Clasp hands behind one knee.          IN, Extend leg up. Stop before "release valves" engage, like chin lifting or back arching.          EX, Release leg..          After 6 reps, stay in the stretch for 3-4 breaths.          Stretches hamstrings; supports low back.  <b>See video demo:</b> <a href="https://www.instagram.com/p/BI2_A5an5py/?utm_source=ig_web_button_share_sheet">https://www.instagram.com/p/BI2_A5an5py/?utm_source=ig_web_button_share_sheet</a></p>
<p>5</p>  <p>6 breaths</p>	<p><b>THREAD-THE-NEEDLE HIP STRETCH</b>          Thin blanket under head.          L foot on R knee. Lift Rt foot, clasp hands behind R knee. Gently bring R knee any amount toward body. Don't let release valves distort spine or neck.          Stay for 6 slow, smooth breaths. Then switch sides.</p>
<p>6</p>  <p>6 reps</p>	<p><b>KNEES-TO-CHEST STRETCH</b>          Thin blanket under head, chin is level with chest.          IN, Straighten arms; belly expands          EX, Pull knees in; belly contracts          Compensates for previous work; increases low back flexibility.  <b>See Video demo:</b> <a href="https://www.instagram.com/p/BdfotrEB3HN/?utm_source=ig_web_button_share_sheet">https://www.instagram.com/p/BdfotrEB3HN/?utm_source=ig_web_button_share_sheet</a></p>