

MORO (Starfish)

Ask the child to lie over a cushion or bean bag. Ask child to slowly straighten arms and legs out, lean backward, extend spine and neck (like a starfish) and take a small breath in.



Then ask the child to move into the foetal position while crossing the arms and legs, and breathing out. Hold position for 5 seconds.



DR. NAQEEENA AKHTAR

Return slowly to starfish position with the spine and neck straightened taking a breath in again.



The next cross folding will be with the arms and legs the opposite side. Hold for 5 seconds.

Repeat x 10
Twice daily



Practitioners Advise: