

15 - 20 stretches



Cervical wedge close to shoulders and lumbar wedge at the last rib. Try to stretch hips to the floor



Stretch the hips to the floor. Press gently on thighs to assist the stretch.



Bring one knee into chest and pull gently on the knee until a stretch is felt, the hips will lift.



Keeping the hips down, open one knee out to the side pausing for a stretch.

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