

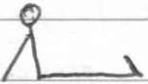
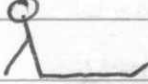

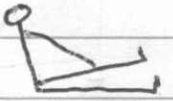



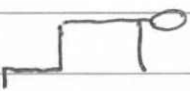
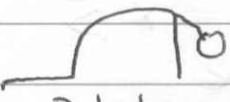
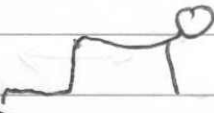
Joint Freeing Series


1, Toes   X 5
 Inhale, point toes toward you. Exhale point toes away

2, Ankles   X 5
 i, Inhale - whole foot towards you Exhale - X 5 point away ii, Then take feet around in circles X 5 each way.

3, Knees   X 5 on each leg.
 Exhale ← → Inhale

4, Hips  - draw circle with knee X 5 each way + on each leg.

5, Spine i, (Flexion + Extension)    X 5
 Inhale - neutral Exhale - ← → Inhale - Extension

ii, (Lateral Flexion - side bend)  (from above sorry about the picture) ☺
 Inhale at centre - exhale, bring right hip + shoulder toward each other + right ear toward shoulder. Inhale back to centre Exhale to other side. X 5 each side.

iii, (Rotation) - from all 4's take left hand to centre of mat and right arm behind back. On exhale, rotate chest to right, inhale back to centre X 5 repeat on other side.

6, Fingers



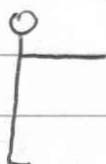
Stand with elbow by side of body and arms bent - hands in front, palms up.
On inhale - straighten fingers
Exhale - make fists x 5

7, Wrists

- as above but now have palms down.
i) on inhale - point fingers up by bending wrist
exhale - fingers down.
ii) Make fists - circle around x 5 each way.

8, Elbows

Inhale -
straighten arms



Exhale -
touch shoulders

x 5

9, Shoulders

i) Shoulder circles

Stand with arms down by side. Inhale roll shoulders forward + up, exhale - back + down, circling around 5 times each way.

ii)



x 5

Inhale



Exhale

10, Neck

i) Rotation - inhale - looking forward, exhale, slowly turn head to right, inhale to centre, exhale to other side
x 5 each way.

ii) Side bend - Inhale at centre, ex - lower right ear toward right shoulder - inhale back to centre x 5 each side.

iii) flexion + extension

- Inhale - look up

Exhale - look down

Try to lift from mid thoracic area, keeping back of neck comfortable.