MORNING MOBILITY SERIES

each movement should be done with ease

repeat 3-5 times or hold a stretch for 10 seconds

all movements should feel good, if something doesn't feel right please stop and ask me for a modification

1) CAT/COW

 - start on all fours with wrists under shoulders and knees under hips

 - flex the spine towards ceiling

 - bring torso back to neutral

 - extend the spine from tail to head

 - move slowly and evenly through the movement articulating each vertebra

2) TAIL WAG

 - start on all fours with wrists under shoulders and knees under hips

 - lift the right foot off the floor with the toe pointed (knee still on floor)

 - swing the right foot to the left side and laterally flex the spine to the left as you look to

 left

 - bring the foot and the head to the right to laterally flex the spine right

3) SEATED SIDE STRETCH

- sit up tall with legs crossed on the floor, sit on a block or pillow if this is uncomfortable or do the stretch in a chair

 - place the left hand on the floor and extend the right arm overhead side bend to left

 - repeat on right

4) SEATED TWIST

 - sit tall with legs crossed (opposite way cross if it feels ok to your hips) or on a block or - chair if more comfortable

 - right behind hip on floor sit up tall left hand on left knee slowly twist to the right

 - repeat on other side

5) PINWHEEL

 - lying on side knees bent, stack knees, hips and palms

 - slide the top arm forward

 - circle the top arm overhead

 - continue to circle the top arm to back of torso opening chest

 - keep hand as close to mat as possible

 - circle the arm over the hip and finish with arms stacked again

 - repeat on others side

6) AB CURLS & OBLIQUES

 - lying on back knees bent hands behind head

 - press low ribs into mat as lift shoulders up keep head pressing into hands

 - hold up top and add a rotation to opposite side and release

 - repeat on other side

7) KNEE STIRS

 - lying on back hug both knees in

 - circle the legs around

 - switch direction

8) BRIDGE

 - lying on back knees bent feet flat

 - curl the tailbone upward and begin to roll the back off the floor

 - continue lifting until there is a diagonal line from the shoulders to knees

 - low back in neutral

 - slowly roll the spine down one vertebra at a time

9) MINI SWAN

 - lying on belly reach the arms forward on a diagonal thumbs up

 - engage the abs, slide the shoulders down the back as you rise up into a back extension

 - keep hips pressed into mat and think about length in the spine as you draw up

10)CHILD'S POSE

 - sit back on your heels knees wide lower rib cage and forehead to the floor

 - lengthen spine and stretch your arms forward