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