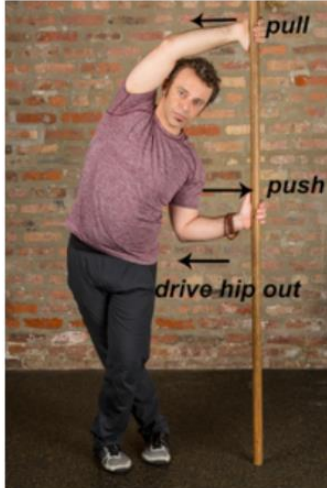
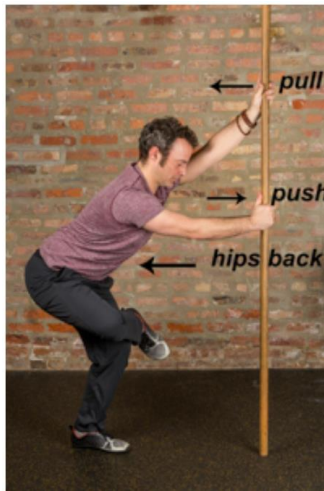


### Lateral Flexibility Highway Stretch



1. Stand next to door or pole with left shoulder closest to the door/pole.
2. Cross inside leg (left leg) over outside leg (right leg).
3. Take outside hand (right hand) up overhead and grab the door/pole. Left hand grasps door/pole at waist height.
4. Pull with top (right) hand, push with the bottom (left) hand and drive hips away from the door/pole.
5. Repeat on opposite side

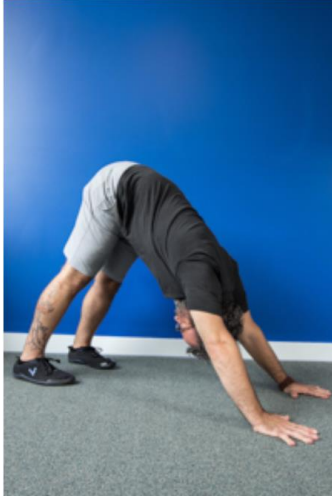
### Posterior X Flexibility Highway Stretch



1. Stand next to (or in front of) a door/pole.
2. Use right hand to grasp the door/pole at shoulder height. Left hand should grasp the door/pole above the right hand.
3. Cross right ankle over left knee (or place right foot on chair or step).
4. While holding the door/pole, “sit back into chair”, so the pelvis drops down and back and the right hip is flexed and externally rotated.
5. Pull with left (top) hand, push with right (bottom) hand. Specificity to the stretch can be attained by moving pushing hand up or down the door/pole. Repeat on opposite side.

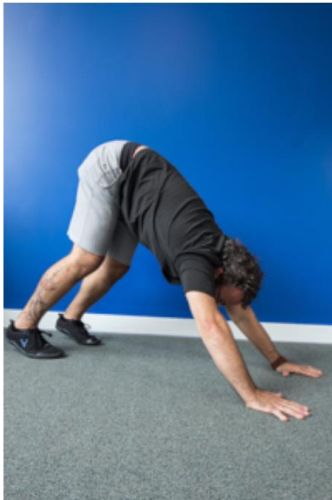
**HAVE QUESTIONS? FEEL FREE TO REACH OUT TO ME:**

### Down Dog



1. Start in a quadruped position. Make sure knees are directly below hips and hands are slightly forward of the shoulders. Spread palms with middle finger pointed forward.
2. Lift knees away from floor, pushing through the hands and lifting the pelvis and ischial tuberosities up and towards the ceiling with knees slightly flexed and heels off the ground. The arms should be flexed and externally rotated, with a long neck.
3. Breathe deeply, ideally through the nose, with long, slow exhales. Straighten knees, but don't lock them and drop the heels to the ground. Envision keeping the pelvis and rib cage stacked over each other, relative to the position the body is in.
4. Attempt to create as much distance between the hands and the tailbone as possible, keeping proper alignment.

### Down Dog Regression



1. Start in a quadruped position, as described above.
2. Lift knees away from floor, pushing through the hands and lifting the pelvis and ischial tuberosities up and towards the ceiling with knees slightly flexed and heels off the ground. The arms should be flexed and externally rotated, with a long neck.
3. For the regressed movement, keep knees bent and heels off the ground. Optimal alignment of the spine and rib cage over the pelvis is still important.
4. Breathe deeply, ideally through the nose, with long, slow exhales

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### Down Dog Progression



**Start Position**



**End Position**

1. Start in a plank position. Hands should be placed on a fixed, elevated platform (i.e. stepper). Push through the hands and lift the pelvis and ischial tuberosities up and towards the ceiling, straightening the knees and dropping heels towards the floor. The arms should be flexed and externally rotated, with a long neck. Pelvis and rib cage should be stacked above each other.
2. From this position, lunge forward with either leg, making sure the heel of the lunge leg meets and reach hands towards the ceiling.
3. Return to start position and repeat on opposite side

### Child's Pose with Type 2 Thoracic Spine Rotation



**Start Position**



**End Position**

1. Kneel on floor, touch toes together and sit on heels. Separate knees as wide as hips.
2. Exhale and lay your chest between your thighs. Reach hands overhead so shoulder are flexed. Spider crawl hands to the left, so the right hand is just to the left of the midline.
3. Take left hand and place behind the neck, with left elbow pointed down towards floor. With a long slow inhale (ideally through the nose) raise the left elbow up towards the ceiling, attempting to look at the ceiling under the left armpit. With a long, slow exhale, return to the starting position. The breath should last slightly longer than the movement.

**HAVE QUESTIONS? FEEL FREE TO REACH OUT TO ME:**