

SWAYING IN THE BREEZE

POSITION

1. Feet shoulder width apart.
2. Push hips to left - right hand down right leg.
3. Repeat with opposite side - hips to right – left hand down left leg.



Make sure:

- Hips face straight ahead (don't twist).

Breathing:

- Breathe out as move arm down leg.
Breath in as return to centre.

It is good for:

- Mobility and relaxation lower back, mid back and ribcage.