

BREATH STRETCHING

SESSION 1

	NECK & SHOULDER	ARMS	LEGS & CORE
1. TASK	RIGHT SIDED NECK STRETCH (5 BREATHS)	RIGHT TIRCEP'S STRETCH (5 BREATHS)	RIGHT SIDED HAMSTRING STRETCH (5 BREATHS)
2. TASK	LEFT SIDED NECK STRETCH (5 BREATHS)	LEFT TIRCEP'S STRETCH (5 BREATHS)	LEFT SIDED HAMSTRING STRETCH (5 BREATHS)
3. TASK	BOTH SIDED NECK STRETCH (5 BREATHS)	RIGHT INSIDE ARM STRETCH (5 BREATHS)	LEFT SIDED HIP FLEXOR STRETCH 1 (10 BREATHS)
4. TASK	RIGHT SHOULDER STRETCH (5 BREATHS)	LEFT INSIDE ARM STRETCH (5 BREATHS)	RIGHT SIDED HIP FLEXOR STRETCH 1 (10 BREATHS)
5. TASK	LEFT SHOULDER STRETCH (5 BREATHS)	BOTH SIDED OUTWARDS ELBOW WRIST SPIN (5 BREATHS)	BACK ROLL STRETCH (10 BREATHS)
6. TASK	CHILD POSE STRETCH (5 BREATHS)	BOTH SIDED INWARDS ELBOW WRIST SPIN (5 BREATHS)	COBRA STRETCH (5 BREATHS)