

3750 Evans Street Ste. C Greenville, NC 27834

(252) 355-1770

Cat Cow Pose:



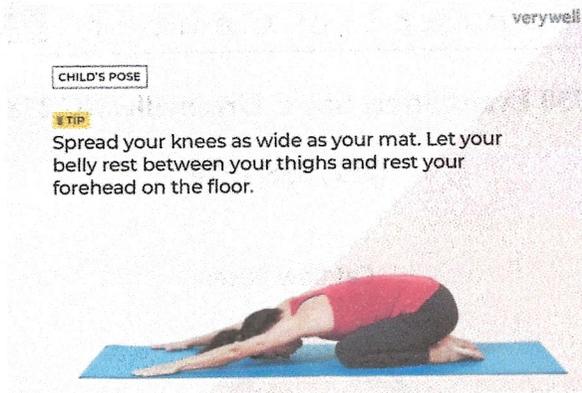
Hold each position for 5-10 sec. repeat 3 times, 3 times/day

Cobra Pose:



Hold position for 10,20 or 30 sec. repeat 3 times, 3 times/day

Child Pose:



Hold position for 10,20 or 30 sec. repeat 3 times, 3 times/day

Rotation Low back:



Hold position for 10,20 or 30 sec. Do both sides, repeat 3 times, 3 times/day

Low Back Lateral Flexion:



Hold position for 10,20 or 30 sec. repeat 3 times, 3 times/day