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Shoulders, Neck

Relaxation



- Position: Place mat in front of platform, kneel in front of platform, lay hands on platform with arms stretched
- Posture: Back and neck straight, support weight on hands and arms, press slightly towards column
- Variations: Arms bent, lower arms on platform

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Lower Back

Relaxation



- Position: Sit with back to platform, legs stretched, place mat between body and platform, pull mat ends around back
- Posture: Back and neck straight,
- Variations: Bend knees, press body against platform

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Back, Abdomen

Relaxation



- Position: Sit on middle of platform with legs slightly bent
- Posture: Allow body to bend forward with round shoulders, relax abdomen
- Variations: None