

# Strong & Healthy Back

*Improving posture, energy & health*



**1. Start – centre/prayer pose**

Sit on the edge of your chair with hands at the centre of the chest, palms together with gentle pressure.

**2. Inhale – reach up/mountain pose**

Reach arms up and overhead allowing the back to arch slightly.

**3. Exhale – fold over**

Round over placing the hands on the thighs, stretching the back.

**4. Inhale – “chin up”**

Keeping hands on thighs, press chest up and forward leading with the chin.

**5. Exhale - shrug**

Keeping hands on thighs, pull stomach in and round back and shoulders creating a “C” curve

**6. Inhale – centre/prayer pose**

Repeat as #1

**7. Exhale – reach up/mountain pose**

Repeat as #2 – and continue through cycle for desired time or sets

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