

**SHOULDER BRIDGE LEVEL 1**

- Start position – Lie on your back with your knees bent up, legs hip width apart, shoulders drawn down and in, and your neck long. Centre engaged.
- Place a ball between your knees
- Inhale to prepare – Exhale, gently roll your lower back into the mat, scoop your tailbone upwards and continue to peel your spine off the mat, bone by bone until you are resting on your shoulder blades.
- Inhale and hold the shoulder bridge position.
- Exhale, lower the shoulder bridge by lowering one bone at a time to the mat, beginning with the highest vertebrae of your bridge and finishing with your tailbone to return to neutral position.

**HIPTWIST LEVEL 2**

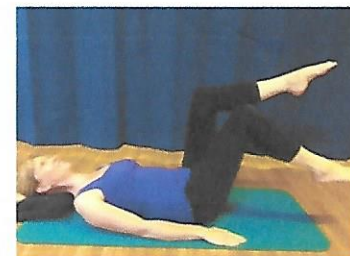
- Start position – Lie on your back with your knees bent up, knees and feet together, shoulders drawn down and in, and your neck long. Centre engaged.
- Place your arms out to the sides just below shoulder height, palms facing upwards.
- Inhale to prepare – Exhale, roll both knees to the right, continue to roll your pelvis, waist and then lower back towards the right. Finally, roll your head and neck towards your opposite shoulder, keeping your neck long and your feet stacked.
- Inhale and hold
- Exhale, roll your head and neck back to the midline. Finally, roll your lower back, waist, pelvis and then legs back towards the midline.
- Repeat alternating sides.

**ONE LEG STRETCH LEVEL 2 WITH BAND**

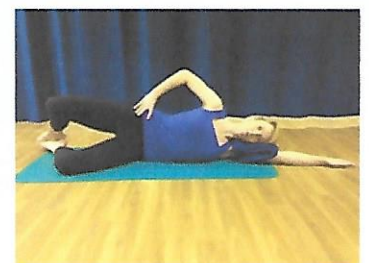
- Flex the left hip and knee to approx. 90° with the band looped around the foot, with the band flat and the ankle flexed not pointed. Each end of the band held in each hand with the elbows flexed to approx. 90°
- Inhale to prepare – Exhale, extend the left leg forwards and upwards on a diagonal line leading with the heel
- Inhale, flex the left hip and knee to resume the starting position.

**SCISSORS LEVEL 2**

- Start position – Lie on your back with your knees bent up, legs hip width apart, shoulders drawn down and in, and your neck long. Centre engaged. Float your legs one at a time into tabletop position.
- Inhale and hold this double tabletop position
- Exhale, lower your left leg and tap the tips of your toes on the mat
- Inhale and float this leg back into tabletop. Repeat alternating legs.

**CLAM LEVEL 1**

- Lie on your side with your shoulders and hips stacked. Underneath arm outstretched in alignment with the trunk. Ensure your back is in neutral and your centre is engaged. Hips bent to approx. 60°
- Inhale to prepare – Exhale, lift the top knee upwards keeping the feet together
- Inhale, lower the top knee onto the bottom leg.

**ARM OPENINGS**

- Lie on your side with your shoulders and hips stacked. Head supported on a small cushion. Ensure your back is in neutral and your centre is engaged. Hips bent to approx. 45° and knees bent to 90°. Arms reaching in front of the body and resting one on top of the other.
- Inhale to prepare – Exhale, reach the uppermost arm towards the ceiling. Continue to reach the uppermost arm out to the side allowing the upper body to rotate and the front of the chest to open to the ceiling. Allow the head to follow the movement of the arm.
- Inhale and hold the stretch
- Exhale, rotate the body and arm back into the starting position.

