

Pivot Prones

- Either sitting or lying down, bend elbows 90 degrees to shoulder height.
- Gently tuck one elbow down toward rear hip pocket, keep spine long and tall, pivoting in the center of the chest.
- Inhale back up, exhale down to opposite side, creating a pivoting motion in the heart center/between the shoulder blades.
- Repeat for _____ minutes _____ times per day.



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