

## Trunk Lengthener



- A. Pelvis stable, feet up or down.
- B. Ribcage long, not arched, spreading wide more than high.
- C. Palms facing one another, inhale up but avoid any pinching in shoulders. Face level with floor; eyes/throat soft/tongue soft.
- D. Exhale back down.
- E. Repeat for \_\_\_\_ breaths \_\_\_\_ times per day.
- F. Note the change in body contact with floor afterwards.

## Trunk Lengthener



- A. Pelvis stable, feet up or down.
- B. Ribcage long, not arched, spreading wide more than high.
- C. Palms facing one another, inhale up but avoid any pinching in shoulders. Face level with floor; eyes/throat soft/tongue soft.
- D. Exhale back down.
- E. Repeat for \_\_\_\_ breaths \_\_\_\_ times per day.
- F. Note the change in body contact with floor afterwards.

## Trunk Lengthener



- A. Pelvis stable, feet up or down.
- B. Ribcage long, not arched, spreading wide more than high.
- C. Palms facing one another, inhale up but avoid any pinching in shoulders. Face level with floor; eyes/throat soft/tongue soft.
- D. Exhale back down.
- E. Repeat for \_\_\_\_ breaths \_\_\_\_ times per day.
- F. Note the change in body contact with floor afterwards.

## Trunk Lengthener



- A. Pelvis stable, feet up or down.
- B. Ribcage long, not arched, spreading wide more than high.
- C. Palms facing one another, inhale up but avoid any pinching in shoulders. Face level with floor; eyes/throat soft/tongue soft.
- D. Exhale back down.
- E. Repeat for \_\_\_\_ breaths \_\_\_\_ times per day.
- F. Note the change in body contact with floor afterwards.

## Trunk Lengthener



- A. Pelvis stable, feet up or down.
- B. Ribcage long, not arched, spreading wide more than high.
- C. Palms facing one another, inhale up but avoid any pinching in shoulders. Face level with floor; eyes/throat soft/tongue soft.
- D. Exhale back down.
- E. Repeat for \_\_\_\_ breaths \_\_\_\_ times per day.
- F. Note the change in body contact with floor afterwards.

## Trunk Lengthener



- A. Pelvis stable, feet up or down.
- B. Ribcage long, not arched, spreading wide more than high.
- C. Palms facing one another, inhale up but avoid any pinching in shoulders. Face level with floor; eyes/throat soft/tongue soft.
- D. Exhale back down.
- E. Repeat for \_\_\_\_ breaths \_\_\_\_ times per day.
- F. Note the change in body contact with floor afterwards.