

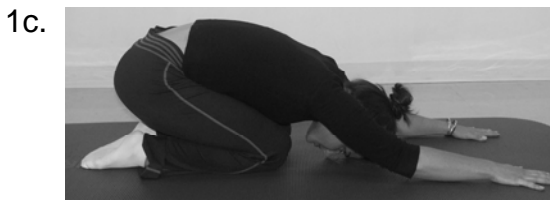
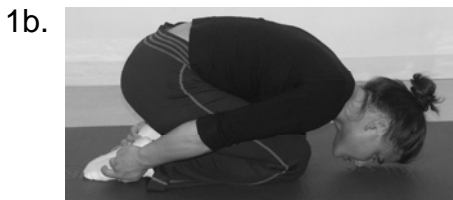


T-Spine -Mecca

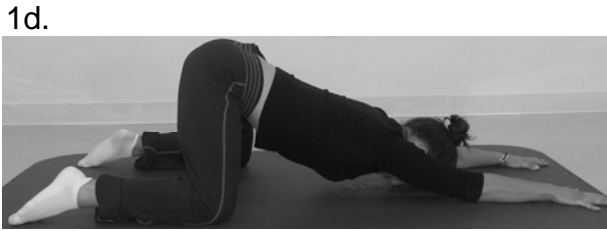
1a. Begin sitting on your heels or in Virasana. Shoulders in line with hips and chest lifted. (Ribs “knit”)

1b. Child’s Pose: Extend spine forward as you lower chest till your forehead touches the floor, hands on or by feet. Lower buttocks to heels and allow shoulder blades to spread.

1c. Mecca: Keep buttocks on heels, extend arms forward, until elbows are straight and off the floor. Down dog arms. Feel armpit flesh move to floor.



580 Market
 Street, Suite
 200
 San
 Francisco,
 CA 94104
 P: 415-788-
 2100 F:
 415-788-
 2102



1d. Thoracic Stretch: From Mecca come up on hands and knees. Move knees and feet hip width apart. Arch low back (as in down dog) and hold pelvic position as you walk your hands forward. Drop chest to floor till your head comes back down and feel mid-back release.



1e. Wide Mecca: From Thoracic stretch, sit buttocks back heels. Walk hands in slightly closer but keep them extending away from body. Chest and stomach drop between thighs.



1f. Wide Child: Bring hands to feet, dropping buttocks between heels.

1h. Slowly roll spine up from sacrum to neck once shoulders are over hips. Bring energy from the earth and universe to sacred heart center-pause-lift sternum to hands-flowing ohm release.

