



Chalk Circles

1a. Lie on your side with hips and knees bent 90°.

1b. Holding imaginary chalk in top hand, trace a semi-circle overhead. Keep hand/chalk in contact with the ground. Follow the hand with your gaze.

1c. Stop at semi-circle point. Hold several seconds then reverse direction.

Repeat \_\_\_\_ times on each side.

Open Book

2a. Lie on your side with hips and knees bent 90°.

2b. As you exhale, draw the top hand along the bottom arm and across your chest. Hold several seconds. Reach the hand up to the ceiling and back to start position. Follow the hand with your gaze throughout the exercise.

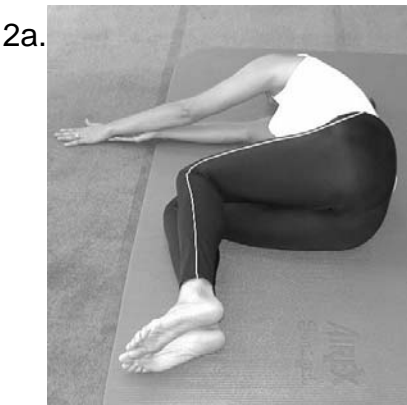
Repeat \_\_\_\_ times on each side.

Lat Stretch on Table

3a. Hold edge of table with left hand. Sit butt back with knees bent and feet together. Cross right arm behind back.

3b. Turn gaze over right shoulder. Hold 30 seconds.

Repeat on opposite side.



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