**Relaxation Position**

Relax the body and focus on correct breathing and alignment.

**Opposite Arm to Leg Slides – Starfish**

* In the relaxation position
* X 10 alternating sides
* Keep your spine, pelvis and torso still as the arms and legs move. Do this by connecting to your centre.
* Only take your arm back as far that you can keep your ribcage flat against your body and don’t let the shoulder roll forwards.
* Keep connected to your centre throughout.

**Double Knee Fold/Toe Taps**

* In the relaxation position
* X 8 alternating sides
* Keep an appropriate connection to your centre throughout.
* Keep the pelvis in neutral.

**Neck Rolls**

* In the relaxation position
* X 8 alternating sides

**Spine Curl**

* In the relaxation position
* X 8
* Focus on wheeling the spine up vertebrae by vertebrae.
* Keep the upper back in contact with the mat

**The Dart**

* Lying on your front with the arms alongside the body and the toes touching
* X 8
* Keep the pelvis in neutral
* Keep the ribcage in contact with the mat
* Connect to the abdominals and pelvic floor throughout.

**Rest Position**

* Sitting back on your heels, stretching the arms forward
* Focus on your breathing in this position

**Standing side Bend**

* Standing Correctly
* X 6 alternating sides
* Focus on and “up and over movement”
* Keep the collar bones open
* Keep the space between your arm and head when bending.