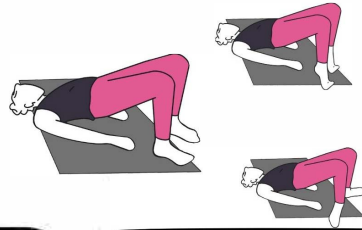


Work on mobilising the shoulders.



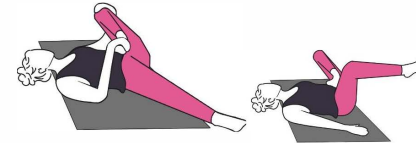
Taking knees side to side and adding a gentle kick for a deeper stretch. Ground the shoulders



Bridge Add challenges by really emphasizing on hip extension



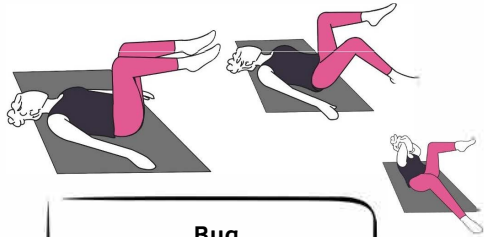
Glute stretch Lengthen the other leg whilst hugging the knee in.



Grab the side of foot and pull across the body, add knee bend to intensify the stretch



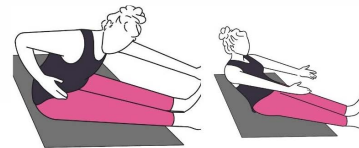
Option: foot to the floor. Opening side of hip, then a Pixie Roll. O/S starting at Glute stretch .



Bug Play with the bug. Add some great core cues



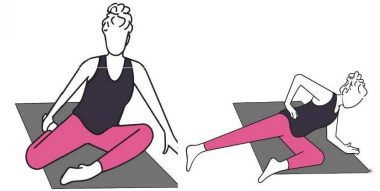
Hug and Hamstring core sequence Option to go higher and harder



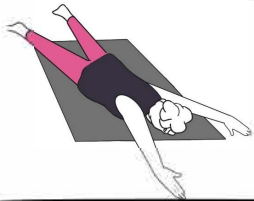
Seated reach for a back stretch and then add a core challenge.



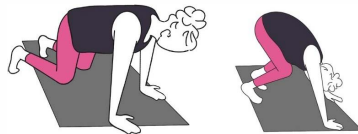
Hip strengthener. Easier option is to drop to elbows.



Quad stretch followed by Glute medius and maximus strengthener. O/S starting at Hip strengthener



Back strengthener. Teach this in stages with great options and cues.



Bear and Push Option to change push to child pose.

purestretch



Option to play with the downward dog. adding cues for elbows, head, knees and feet



A safe and slow roll up with options for those with weak backs

