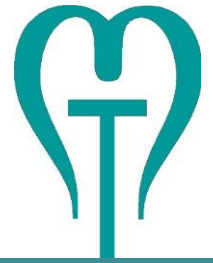


# Rebalancing Stretch



- Stretch to rebalance forward head and rounded shoulders



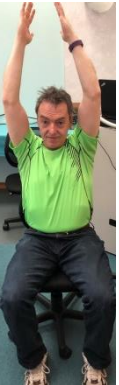
1. While seated with your feet flat on the floor and legs about hip-width apart, bring the back of your hands together in front of your body.



2. Take a deep breath in and slowly start to lower your head and upper body to the floor. Exhale and bend forward until your hands are as close to the floor as possible. Relax for 10 sec.



3. Take a deep breath and reverse the position slowly while lifting the arms up over your head. Hold your breath to stretch your ribcage and chest muscles. Slowly rotate your hands so your palms face each other.



4. Slowly lower your arms by bending your elbows outward. Lower both hands, turning your palms downward with fingertips pointed at your earlobes.



5. Slowly inhale then rotate and lower your hands with palms facing up. Finally lower your hands to your thighs. Stay seated in this upright position without allowing your back to drop and pay attention to this sensation.



M. T. Wellness