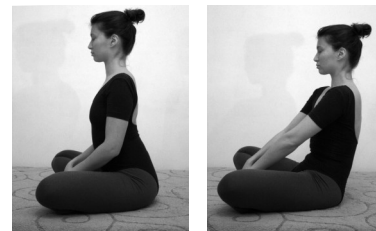
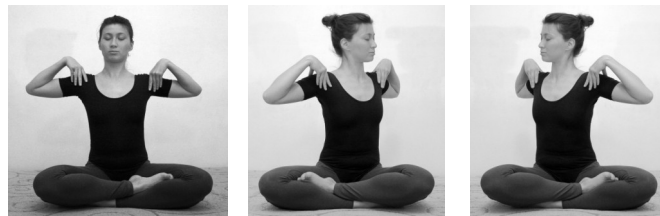


**Spinal Warm Up Exercises** - All exercises done for 1 to 2 minutes. Exercises can also be done sitting in a chair.

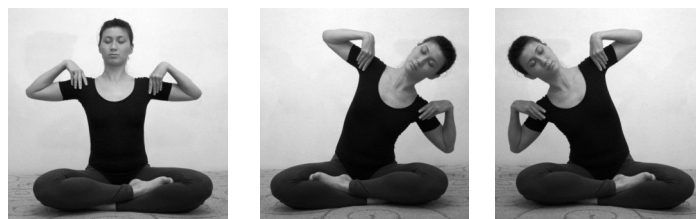
**Spinal Flex:** Sitting in easy pose, grab your shins and begin arching your spine forward as you rock forward, and then arching your spine back as you rock back. Inhale as you stretch forward. Exhale as you stretch back. Continue with a powerful breath, stretching your spine from the tailbone to the shoulders. Your head and neck will move slightly, but do not whip your head forward or backward as you stretch your spine. At the end, inhale and stretch forward and hold the breath for a few seconds. Exhale and relax.



**Spinal Twists:** Place your hands on your shoulders, fingers in front and thumbs in back, with the elbows pointing straight out to the side. Begin twisting the body in a swinging motion, inhaling as you twist left, exhaling as you twist right. Do not over stretch. As you warm up, you can increase the intensity of your swing. At the end, inhale facing forward, pull the elbows back and lift the chest and hold the breath. Exhale and relax your arms and your breath.



**Side To Side Stretch:** Place your hands on your shoulders and begin to stretch left as you inhale and right as you exhale. As you bring one elbow towards the floor, stretch the other elbow towards the ceiling. At the end, inhale facing forward, pull the elbows back and lift the chest and hold the breath. Exhale and relax your arms and your breath.



**Pelvic Grinds:** Place your hands on your knees and begin to grind your pelvis in circles. Keep your head and shoulders upright and level, but let your torso stretch as you grind the lower spine and pelvis. Coordinate your breath so that you are inhaling as you grind forward and exhaling as you grind back. Reverse the direction halfway through. At the end, inhale up straight, and hold the breath for a few seconds, and then exhale and relax.



**Upper Back Stretch:** Place your hands on your shoulders. As you inhale, pull your elbows back and feel your shoulder blades pulling in towards the spine. As you exhale, bring the elbows together and down in front towards your navel and feel the upper back muscles stretching. At the end, inhale and pull the elbows back, and hold the breath for a few seconds and then relax.



**Shoulder Shrugs:** Place your hands on your knees and lift your shoulders up as you inhale and drop them down as you exhale. Move quickly and breathe powerfully. The idea is to fatigue your muscles so that they completely release all tension. At the end, inhale and squeeze the shoulders up, and hold the breath for a few seconds, and then exhale and relax.



**Neck Rolls:** Drop your chin to your chest and begin rolling the head around, gently stretching the neck in each direction. Keep your chin in the middle, and tilt your head to bring your ear towards your shoulder. Go slow and do not force it. Any area that feels tight, take your time in going through that area. Reverse direction halfway through and at the end, inhale the head up straight, and hold the breath for a few seconds, and then exhale and relax.



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