

Now Breathe

Pilates Releases

Full Body Stretch

Purpose: To lengthen spine and stretch chest and shoulder muscles

- 1 Lie on your back with arms overhead and legs extended long.
- 2 Reach through your right arm and right leg simultaneously, as if one person has hold of your right wrist and another person has hold of your right ankle and they are pulling you apart. Both your arm and leg should remain on the floor.
- 3 Now as you reach with your right arm, flex your right foot (so your toes come closer to your shin bone).
- 4 Lift left hip up toward your head so that your side bends a little to the left; think of "hiking" up the left hip. Back and pelvis stay on the floor.
- 5 Repeat the "hiking" motion and allow the head to go where it naturally wants to go.
- 6 Finally, reach with your right arm and leg and, at the same time, turn your head to look at your right hand.
- 7 Do steps 2 to 6 with left arm and left leg.

Phone 021 688 009

Email: info@nowbreathe.com

22 October 2008

Observation Tower
(upstairs from Level 26)

BNZ Tower, 125 Queen Street, Auckland City