

- A. Stand one foot from a wall facing perpendicular to the wall.
- B. Place wall-side hand up and behind you, fingers wide, palm flat at shoulder height.
- C. Slowly turn hips and feet away from wall until light stretch in chest/arm is felt.
- D. Breathe into arm, chest, shoulder blade, softening on exhaling, allowing more space into area.
- E. Exit by turning feet back toward wall before dropping arm to side and feeling the change between sides.
- F. Repeat for \_\_\_\_\_ minutes \_\_\_\_\_ times per day.

