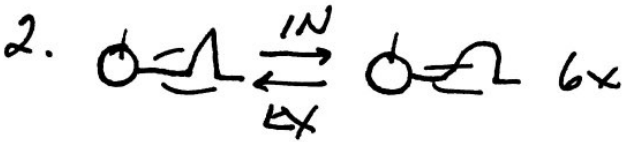
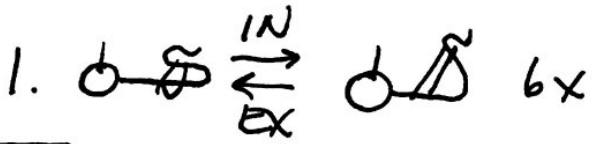


2017

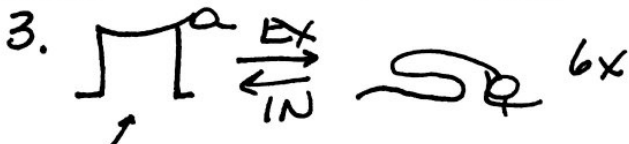
KATHY ORNISH

PRACTICE TO MOBILIZE

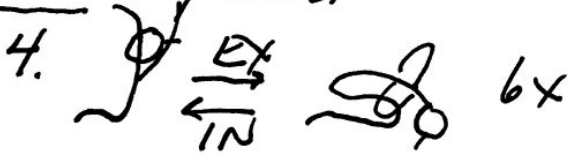
UPPER BACK/RIBS



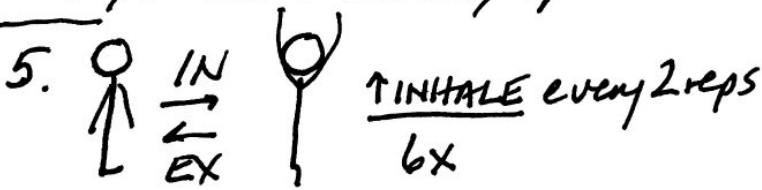
push arms down & try to lift chest & expand ribs



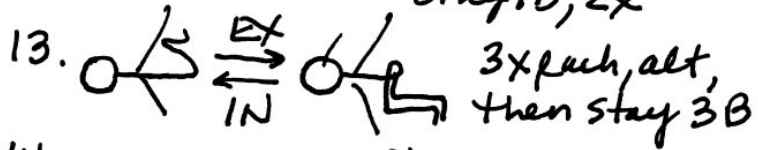
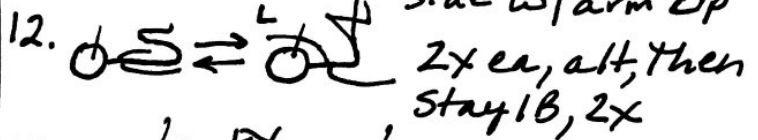
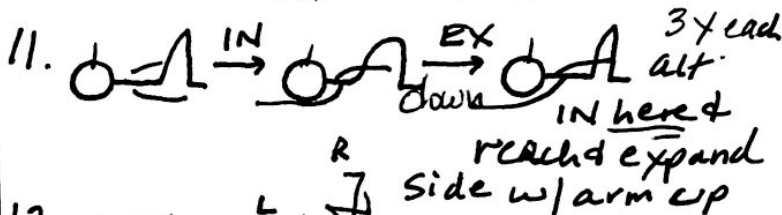
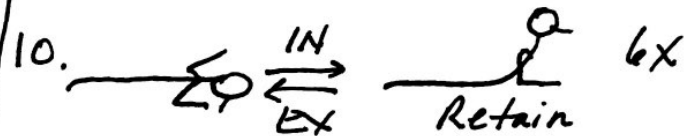
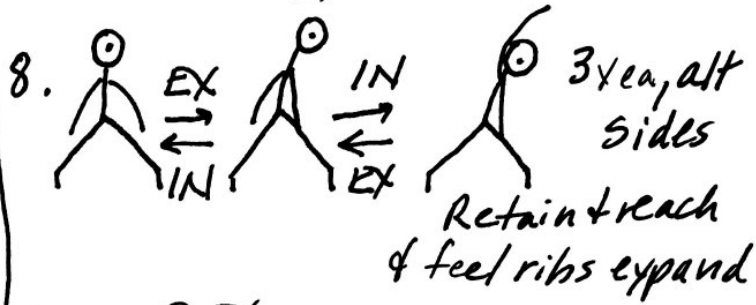
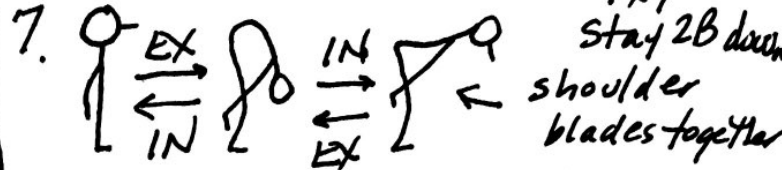
On IN, focus on drawing shoulder blades down & together while lifting chest



ON IN, focus on lifting chest & drawing shoulder blades together as you start moving up



On IN focus on lifting chest & drawing shoulder blades together. Retain & expand ribs
ON EX - give yourself a hug and move shoulder blades apart.



16. PRANAYAMA. KRAMA INHALE
a) ↑ IN & EX, then
b) ADD 2" R, then
c) IN 4" - EXPAND CHEST (1/2 IN hald volume) R 2"
IN 2" - EXPAND BELLY (2nd 1/2 of INH.) R 2"
EX 6" engage belly