

Breathing video click here: <https://www.facebook.com/photo.php?v=689503104435618>

Five-count breaths, laying supine (on back) with knees bent and feet flat, in neutral spine. Preparing for flexion and extension of the low back (Tuck and un-tuck of the pelvis). Releases psoas, lengthens and strengthens spine and core, and prepares the body for larger exercises. Breathing changes as needed for the individual exercises as program continues.