

Carry the Baby

Flexibility



Get Ready

Stand tall beside a sturdy chair. Shoulders over hips, abdominals in & up, shoulder blades back and down, and ribs lifted



The Moves

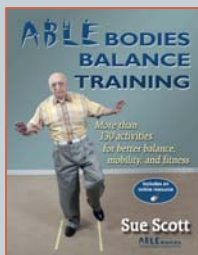
Inhale, reach up
Exhale, arch over, a bit
Keep reaching up
Exhale and hold stretch

Add this

If comfortable . . . bend elbow
over head

Be Safe

Use a sturdy chair or hand railing for balance support.
Leaning over may make you dizzy.
Stop or adapt the activity if uncomfortable



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