

RELAXTION EXERCISE – ROLL –DOWN

1. Stand in neutral position.
2. Roll head or stretch side to side
3. Drop head forward.
4. Roll shoulders forward.
5. Lower back toward lower body, curving one vertebrae at a time.
6. Bend knees slightly when back of legs begin to tighten.
7. Drop arms to floor and keep head lowered.
8. Breathe in through nose and out through mouth three times.
9. Raise lower back and straighten knees, keeping head lowered.
10. Restack vertebrae until all are straight above hips.
11. Raise head.
12. Breathe in through mouth and out through nose.