

STANDING LEFT CENTERING WITH RIGHT THORACIC ROTATION, LEFT RIB SENSORY AWARENESS, AND EXHALATION FOCUS



1. Stand with right foot forward and left foot back. Bring your left hip back feeling your weight shift back to your left foot and heel. Your pelvis should orient slightly to the left. Find, feel, and be aware of your left heel throughout the exercise.
2. Place your right hand on your lower rib cage and place your left hand straight out in front of you.
3. Breathe in through your nose. Exhale through your mouth as you reach forward with your left arm feeling your left ribs move down and in and your trunk slightly side bend to the left. Keep left heel awareness and grounding throughout the exercise.
4. Return to the starting position and inhale gently through your nose. Repeat 4-5 times feeling and emphasizing left rib movement with each exhalation.
5. Relax and repeat 4 more times.