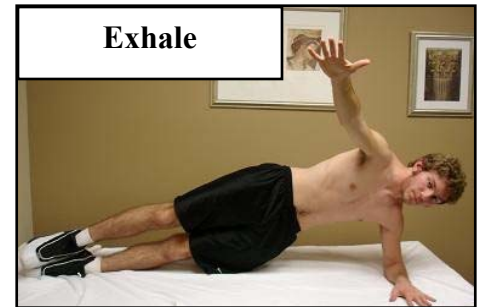
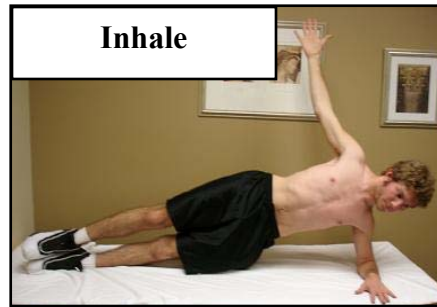


## Two Point Stance



1. Lie on your left side keeping both legs in line with your upper body.
2. Prop up your trunk by placing your elbow directly underneath your shoulder.
3. Keeping your left shoulder blade down and back, slowly raise your hip up off the mat. You should feel your left abdominal wall and the back of your left shoulder blade engage.
4. Raise your right arm up forming the letter “T” with your body.
5. Keeping your right arm and trunk together as a unit, rotate them forward over your stable left shoulder blade.
6. Inhale through your nose as you rotate your right arm and trunk back past the axis of your body. You should feel your left low scapular muscles working.
7. Continue this process of trunk rotation over your shoulder blade 4 more times inhaling as you go back and exhaling as you come forward.



1. Lie on your right side keeping both legs in line with your upper body.
2. Prop up your trunk by placing your elbow directly underneath your shoulder.
3. Keeping your right shoulder blade down and back, slowly raise your hip up off the mat. You should feel your right abdominal wall and the back of your right shoulder blade engage.
4. Raise your left arm up forming the letter “T” with your body.
5. Keeping your left arm and trunk together as a unit, rotate them forward over your stable right shoulder blade.
6. Inhale through your nose as you rotate your left arm and trunk back past the axis of your body. You should feel your right low scapular muscles working.
7. Continue this process of trunk rotation over your shoulder blade 4 more times inhaling as you go back and exhaling as you come forward.