



## FULL BODY RELEASES

- Shoulder and upper arm release - arms out to the side palms up, rotate palms to face the back and push the arms apart as you exhale
- Backline Release - hip width stance, both feet inverted, reach forward to horizontal, palms up, exhale as reach out o Repeat to each diagonal
- T-Step Backline Release - step one foot across the other to form a T, reach in direct of front toe as above
- Full Body Release - Split stance, front foot inverted, band overhead, lean forward leading with chest as far as possible
- Arm line release -stand 1 foot from wall and place palm of hand on wall behind body. Take a step towards the wall pressing arm in and feeling stretch through shoulder
- Band Halo Release - Upper body rotation from the hips with band overhead
- Front/Back Neck Release - in a standing/seated position, place your hands on your collar bone, lower your head forwards. Pull down with your hands, pulling the skin quite taught, then lift you head up and back – be careful not to over-extend the neck)
- Side Neck Release - Place your fingertips on side of your head and gentle pull your head towards your shoulder. Release the other shoulder down and back if you feel comfortable – repeat on the other side)