

Principles:

1. Engage the middle back muscles, both left and right sides of the spine evenly (erector spinae)

Posture	How + focus points	Breath
Kneeling (seated)		Deep, full breathing. Focus on creating movement in the belly. Remain for as long as needed to find fluidity in the breath.
Hover	Lift up just enough for the thighs to activate.	Hover up for as long as you can. Repeat 3 times
Active child's pose	Elbows under shoulders. Knees and feet hip distance Keep thighs hovering off heels, torso parallel with mat	1-2 breaths
Active child's pose; arms back	Bring arms alongside body, hands can remain on mat or hover off. Keep thighs hovering off heels.	1-2 breaths
Active child's pose; arms forward	Take elbows out to shoulder height so arms are both out at a right angle	1-2 breaths
All fours	Attempt to come forward into all fours	1-2 breaths
Complete the above sequence 5+ times		
All fours – side release	Turn hips toward the right side, “pinching” the right side waist. It feels as though you are bringing your right hip toward your right ribs.	Inhale – to the middle Exhale – to the side Aim for 10+ movements toward both sides
Child's pose - lateral	Rest back into child's pose, walk both hands to the left.	Rest there for 10+ breaths. Repeat on right side, stay for longer on right side

Bent over single arm row with dumbbell.	Row with left arm only. Focus on squeezing middle back.	3 x 12 Aim for 4-5 times per week in lieu of side plank on wall
Back release with balls	Focus on releasing right side of back	Aim for 2-3 times per week or as needed. Be mindful to do more strength work on left side than release work on right side.