

Right side: short and tight (concavity)
Left side: long and weak (convexity)

De-rotation (traction + release + strength)

Rest/suspend right foot on something. Make sure hips are level and left knee isn't locked. Reach up with left hand.

Aim to stay for 10+ slow breaths

Lower foot and arm and bend forward, hang head and arms.

Aim to stay in forward bend for 3+ breaths

Repeat 3 times

Twisting

Seated twist. Extend legs and have feet comfortably wider than hips. Twist toward the left side.

Supine twist with bolster. Come to all fours with bolster under chest. Walk both knees to right side and come down to rest on left hip and thigh. Keep legs stacked. Rest middle of chest on bolster. Look toward legs.

Release

Back release with balls. Focus on right side while supporting left side with rolled hand towel.

Lateral child's pose – walk hands and torso to the left

Glute max + glute med + rec fem (quad)

Supine. Lay on back with legs stretched out. Contract alternate glutes, double the number of contractions on the left side.

Bridge with hip drop. Once in bridge pose, drop right hip and then lift back up. Alternate side aiming for 20+ drops each side. Finish by dropping right hip for 5+ breaths which means left glute will remain contracted to hold you up in bridge pose.

Sit to stand or stand to sit. Lift right foot so only left leg is standing you up and down. Aim for 3 x 10

Posture	How + focus points	Breath
Strength		
Kneeling (seated)	Lift up just enough for the thighs to activate.	Deep, full breathing. Focus on creating movement in the belly. Remain for as long as needed to find fluidity in the breath.
Hover	Elbows under shoulders. Knees and feet hip distance Keep thighs hovering off heels, torso parallel with mat	Hover up for as long as you can. Repeat 3 times
Active childs pose		
Active childs pose; arms back	Bring arms alongside body, hands can remain on mat or hover off. Keep thighs hovering off heels.	1-2 breaths
Active childs 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		
Bent over single arm row with dumbbell.	Row with left arm only. Focus on squeezing middle back.	3 x 12
Side plank on wall	Left side down	3 x as long as you can hold up for