

# Posture Pod Flying from Straighten Up and Move

1. Stand or sit tall in **Inner Winner** posture with your head high and stomach in to look and feel better.



2. Breathe in and stretch your spine as you slowly raise your arms up above your head 3 times in the **Eagle**. Enjoy.



*If an exercise hurts don't do it.*

3. Circle your shoulders backwards for 10 seconds in the **Hummingbird**. Bring your shoulder blades together.



4. Gently draw your head back into your hands 4 times in the **Butterfly**. Then softly massage your neck muscles in the **Trap Opener**. Do these twice daily for better posture.



OCTOBER 16  
**WORLD SPINE DAY**