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.