

Supine Decompression

Lie on your back with your legs straight, knees together, and toes pointed towards your head. Begin with your arms lying by your sides, focus on keeping knees together while you **slowly** raise your arms back over your head- just above the floor. Think of your hands getting as far away from your feet as possible, lengthening your body. Continue to breathe deep and slowly. Hold for 6 deep rhythmic breaths.

(Modified Version: Try one arm at a time reaching to a position that is comfortable overhead)

