

Mat Essentials - Restorative

Pre - Pilates Breathing	
Arm Circles	
One Leg Holds	
Bridging	4x
Single Leg Tick Tock	5x
Spine Stretch Forward	5x
The Saw	2 sets
Spine Twist	4 sets
Kneeling Front Splits	
Seated Neck Stretches	
Seated Neck Strengthening	
Shoulder Rolls	
Twist with Breathing	
Stretch Forward	