

The Body Scan

Look for postural deviations



Good Posture



Lumbar Lordosis

Anterior Pelvic Tilt



SWAY BACK: POSTERIOR PELVIC TILT



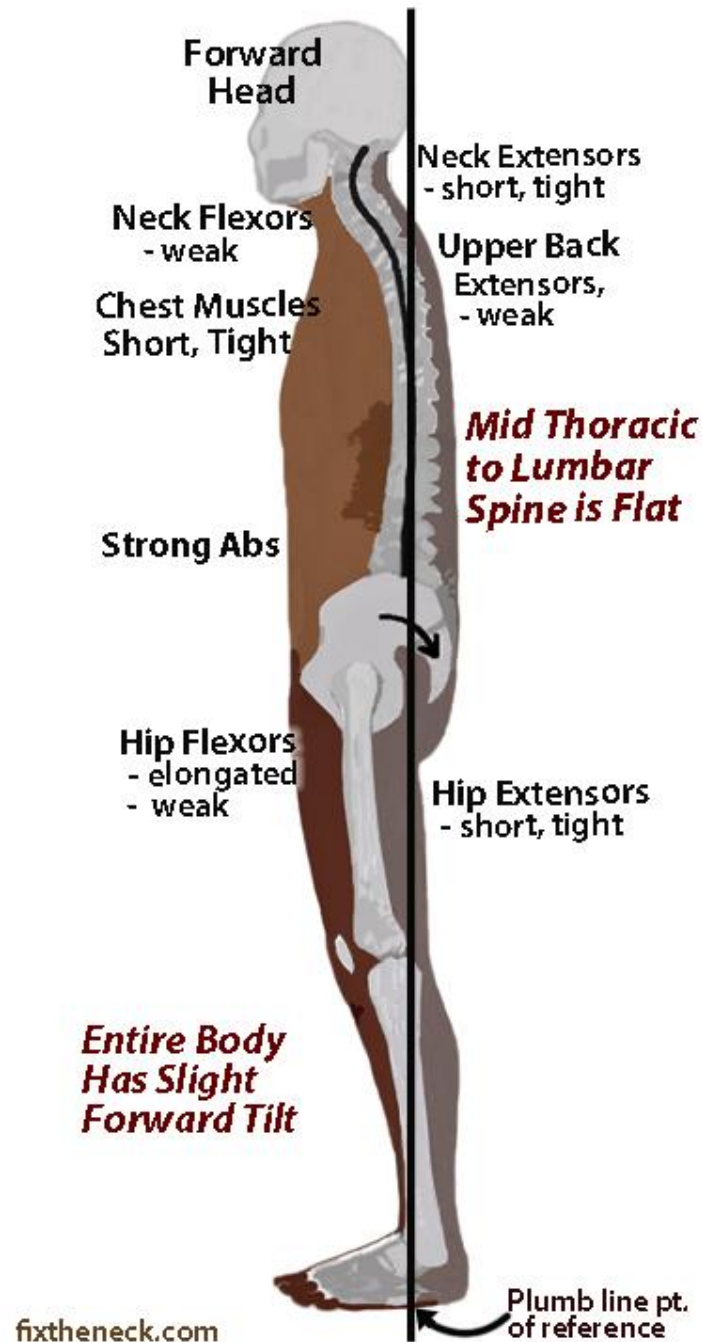


Good Posture



Lumbar Lordosis

Flat Back Posture



Basic Mat with add-ins to **complete Beginner Mat:**

Hundreds

Roll-up

One Leg Circle

Rolling like a Ball

Abdominal Series: Single Leg Stretch

Double Leg Stretch

Scissors

Double Leg Lower and Lift

Criss Cross

Spine Stretch forward

Saw

Swan prep with neck roll

Rest position

Shoulder Bridge Prep

Side Kick series: Front/Back

Up/down

Small circles

Inner Thigh Lifts and Circles

Teaser one Leg

Swimming Prep

Leg Pull front support

Seal