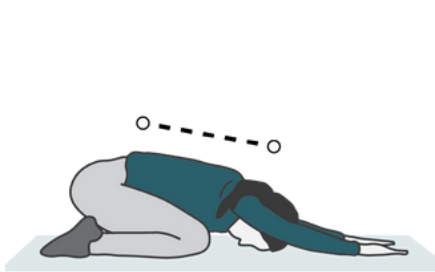


Movements for Better Posture

Experiencing muscle pain? It could be your posture! Do these simple movements while standing, lying down, or as a stretch break to reduce stress on both your muscles and the chance of injury.



Child's Pose



Chest Opener



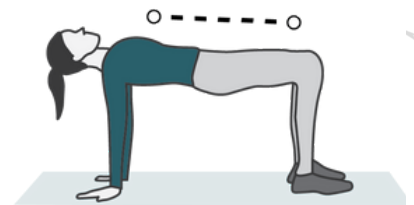
Downward Dog



Isometric Rows



Spine Rotation



Reverse Bridge