Standing Supported Respiratory Left AF IR

1. Stand facing a table, desk or a counter top.
2. Place a 2-inch block underneath your left foot.
3. Place your right foot on the ground ahead of your left.
4. Round out your back and place forearms on the surface.
5. Shift your left hip back so that your pant zipper is towards your left big toe. You should feel a stretch in your left outer hip (buttock). The majority of your weight should be on your left leg, through your left mid-foot/heel.
6. Keeping your left hip back, inhale through your nose as you slightly squat by bending both knees.
7. Exhale through your mouth as you push through your left mid-foot/heel and straighten both knees. You should feel the muscles on the front of your left thigh and left outer hip (buttock) engage.
8. Repeat this breathing sequence for a total of 4-5 deep breaths, in through your nose and out through your mouth, slightly squatting with each inhalation and returning to the starting position on exhalation.
9. Relax and repeat 4 more times.

Reference Center(s): Left abdominals, Left heel, Right arch

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