





















Summer Sequence for Stretching and Ease

by Integrated Care

4B Inhale-Exhale 			Inhale 	Exhale 
	3x each side	6x	2x	2x
Inhale-Exhale 	Inhale 	Exhale 	Exhale 	Inhale-Exhale 
3x		3x	3x	
Inhale-Exhale 	Inhale 	Exhale 	Inhale-Exhale 	Inhale 
	3x	3x		
Exhale 	Exhale 	Inhale-Exhale 	Inhale-Exhale 	Inhale-Exhale 
2x	2x	2x		
