

Realignment

At the feet

- Hands sweep up to knees and on exhale stretch at ankles
- Hands sweep up to knees and on exhale push on soles of the feet
- Spritz the hands with Balancing Herbal Spa-Fresh Mist

At the head

- On exhale breath push shoulders to feet simultaneously then alternately
- On exhale breath push shoulders towards the couch alternately
- Slide down arms to elbows, up to occipital and gently stretch