



PTC Castlebrae

Mobility/stretch class

Standing with good posture:

1. Head turns, chin lift and lower, ear to shoulder neck stretch
2. Shoulder rotations, full arm rotations forwards and backwards
3. Upper back stretch
4. Chest stretch
5. Tricep overhead stretch
6. Hip rotations both directions

Matwork:

1. Hip flexor stretch, progress with arm reach overhead
2. Lying on back; hip twists followed by knees to chest hug
3. Hamstring stretch, straight leg vertical with flexed foot
4. Glutes stretch
5. Lying on front; quad stretches and back extensions
6. Sit back on heels with straight arms overhead
7. From all fours, cat stretches and upper back rotations

Seated:

1. Wide legged stretch
2. Upper back rotation
3. Side bends

Standing:

1. Soft roll down to a comfortable point, relax upper body
2. Realign to good posture