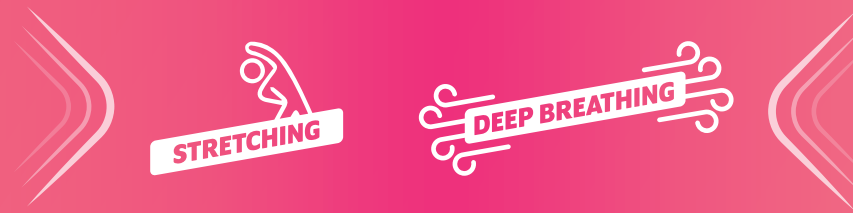


# THE MOUNTAIN

This will improve your posture allowing you to breathe in deeply and freely. This is essential to promote both good tissue oxygenation and venous return to heal.



1

- » Start in a **standing position** with your feet apart.
- » Stand up straight, looking straight in front of you.
- » Open your chest and pull your arms straight down at your side, lowering your shoulders.

2

- » Breathe in and out deeply for 1 minute.
- » And release.



Level 1

# THE MOUNTAIN



# 1

- Stand up straight
- Look ahead
- Hands and arms straight down
- Lower shoulders



# 2

- Breathe in
- Breathe out

**GREAT  
JOB!**