

STRAIGHTEN up NZ

BETTER POSTURE,
BETTER HEALTH

**INNER
WINNER**
PULL BELLY BUTTON
TO SPINE



STAR



OUT

**TILTING
STAR**
2X SLOWLY



IN

**TWIRLING
STAR**
REVERSE 2X



IN OUT

**TWISTING
STAR**

ALTERNATE 1.5 SEC



FREELY

TRAP OPENER

1 RELAX HEAD SIDE TO SIDE
2 MASSAGE BACK OF NECK
3 ROLL SHOULDERS 1.5 SEC



DEEP

THE EAGLE

DRAW SHOULDER
BLADES TOGETHER
3X



IN OUT

HUMMING BIRD

DRAW SHOULDER BLADES
TOGETHER - CIRCLE
SWAY 10 SEC



FREELY

BUTTERFLY

ELBOWS FOWARD
PRESS HEAD BACK HOLD
3X



FREELY

TIGHT ROPE

BALANCE 20 SEC PER SIDE



FREELY

WASHING MACHINE

GENTLY SWAY SIDE TO SIDE



DEEP

THE TRIANGLE

TURN FOOT OUTWARD
GENTLE STRETCH 10 SEC PER SIDE



FREELY

SHAKE IT OUT



FREELY

KEY



Breath



Movement

Designed by Felicity Cameron