

STRETCHING THE CHEST

Stand hip-width apart with relaxed legs (knees not locked)



BREATHING IN you bring your hands back and interlace them



BREATHING OUT you stretch the chest and pull the hands down



BREATHING IN you come back up



BREATHING OUT you drop your arms again and come back to the starting position



Repeat 4-5 times.

Afterwards, give time for the body to work. Feel your body, breathe freely and give in if the body wants to move. [Let the body work.](http://www.bodies-at-work.com)