

Patients name:

Program date:

Hundreds

Starting position: Rest position.

Level 1

- INHALE to prepare
- EXHALE and engage your centre, maintaining neutral alignment
- Keep centered and focus on ten breath cycles

Reps: 10



Level 2

- INHALE to prepare
- EXHALE, float your right knee over your right hip to assume the 'tabletop' leg position
- Hold this tabletop position and focus on five breath cycles
- On fifth breath out, lower your leg to resume the rest position
- Repeat on your opposite leg

Reps: 10



Therapists signature _____