## Foundation Training STANDING DECOMPRESSION

hold each position 5-10 slow deep decompression breaths

Decompression breathing: Lift chest higher with each breathe Pull belly towards back on exhale Press fingertips together

Reach

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Pull chin back

Thumb at ribs **\$** pinky at hips to gauge distance

Slide hips back slightly Weight is on heels

Knees are unlocked but do NOT come forward

Pull heels together with toes gripping ground Do not let knees come together



Keep back ‡ neck straight Do not hyperextend low back.

Squeeze butt cheeks together

Feet are hip width apart

Vance Simpson, - SkyGift, Inc. Oklahoma City, OK vs@vancesimpson.com www.vancesimpson.com •Foundation Training •Posture Therapy •Trauma release •JFB Myofascial Release •Hypnotherapy