

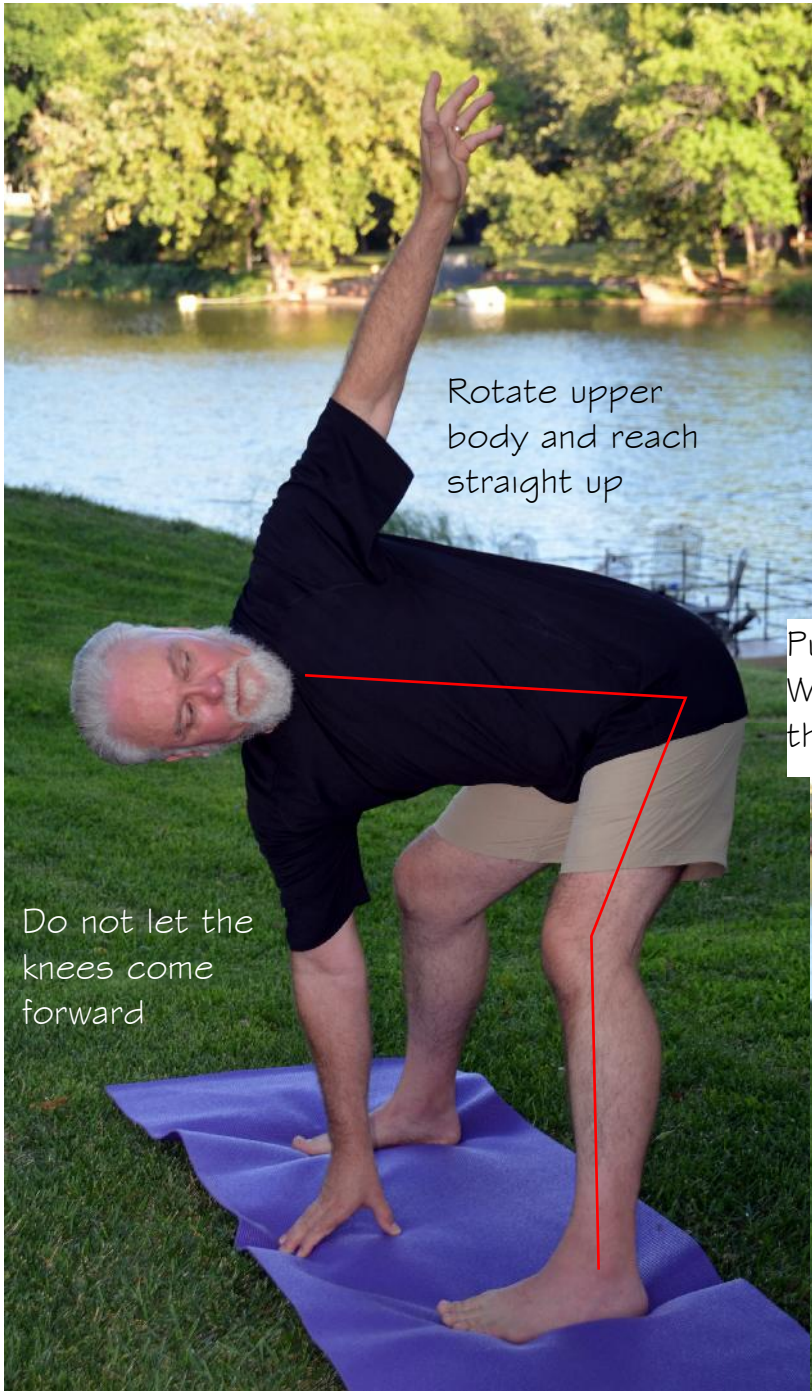
Foundation Training - WINDMILL

hold position 3 slow deep decompression breaths then repeat w/other arm

Order the
Foundation Training
DVD at
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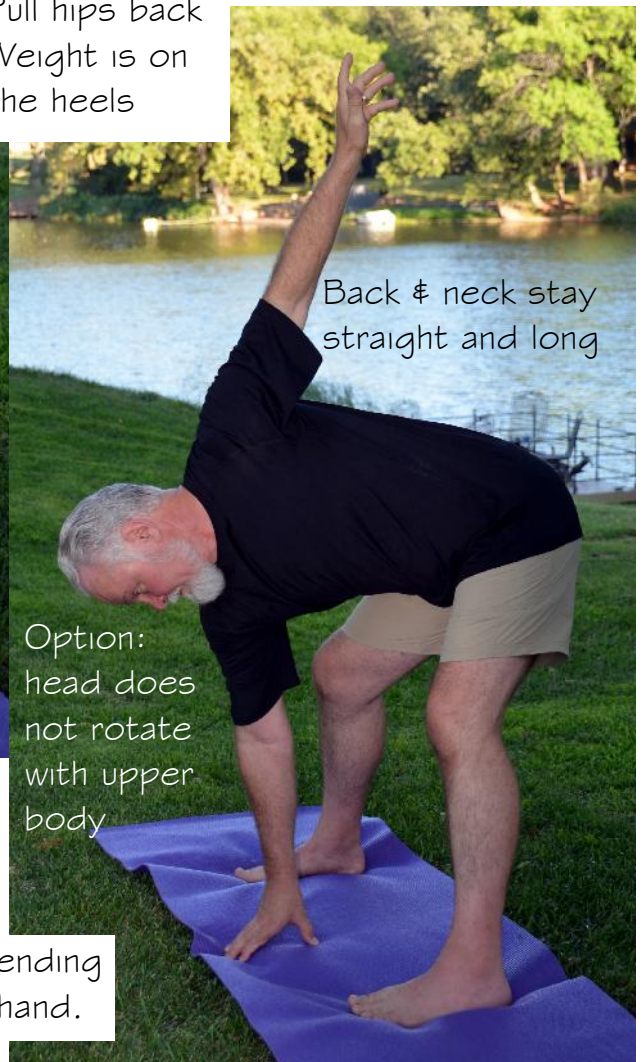
Stand with feet very wide apart
& feet pointing straight ahead
or slightly internally rotated



Rotate upper
body and reach
straight up

Pull hips back
Weight is on
the heels

Do not let the
knees come
forward



Back & neck stay
straight and long

Option:
head does
not rotate
with upper
body

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

NOTE: if you can not reach the ground without bending
your back, use a yoga block, ball, etc under the hand.

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