

# Y2B YOUR BALANCED WORKFLOW ~



**NECK**

Grab opposite, upper arm from behind  
Gently tilt head towards shoulder



**SHOULDERS**

Wrap one arm around the other  
Press elbows against each other  
Relax shoulders down



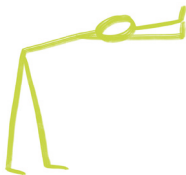
**WRISTS**

Bend and extend all finger joints  
Rotate wrists in both directions  
Close fists tightly, open hands widely  
Repeat 5-10 times



**HIPS**

Place ankle of opposite leg on upper leg  
Lean forward with straight back



**LOWER BACK**

Feet approx. 1 meter apart  
Open back foot 45 degrees  
Upper body parallel to the floor  
Relax your chest



Scan for calming  
breathing exercise

breath deeply • close eyes for more body awareness • relax your jaw muscles • no pain more gain