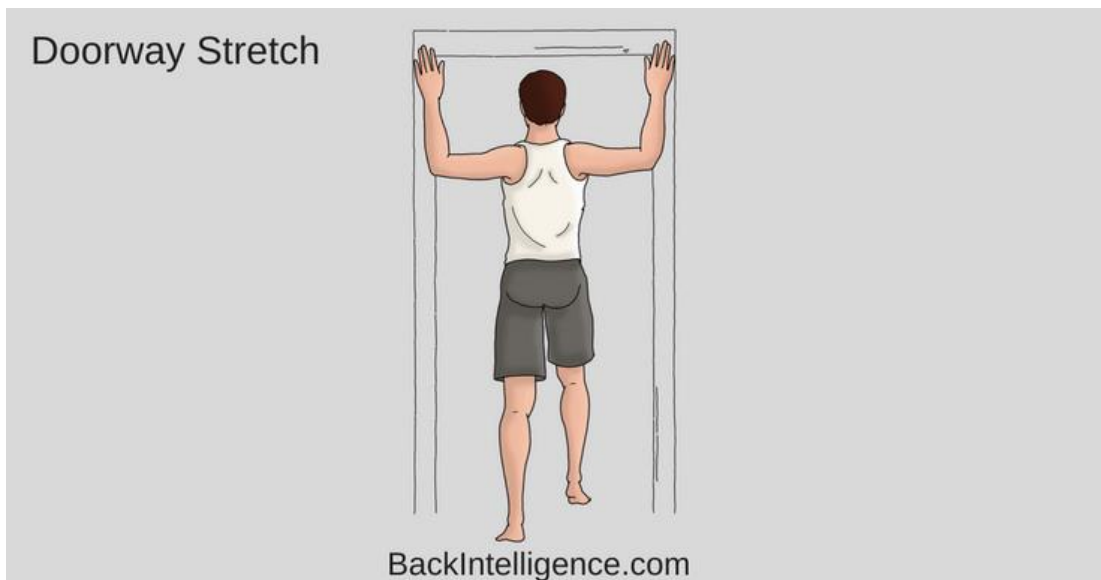


Postural Awareness Webinar

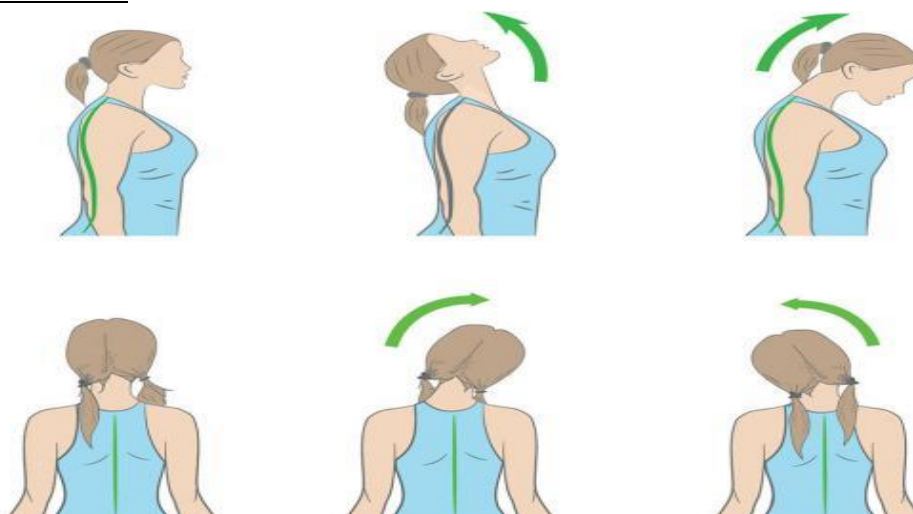
We hoped that you enjoyed your Postural Awareness Webinar. Here is some information to support you after the session.

Exercises to support you

It is important to keep moving so that you don't stiffen up and can mobilise the joints and stretch the muscles. This can be achieved through the following gentle stretches:



Neck stretches





Cat stretch



Thread the needle





HÄLSA

wellbeing

Knee Hugs

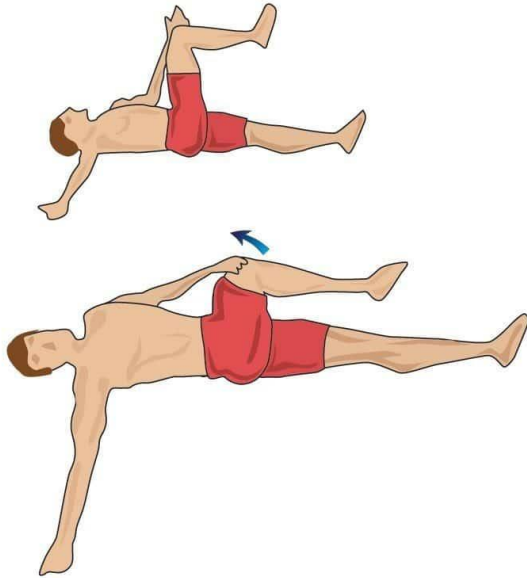


Side Bend





Buttock Stretch



Frog Stretch





HÄLSA
wellbeing

Deep Lunge



Supporting Information and Links:

Video of gentle stretches

<https://www.dropbox.com/s/sljhurpbp3bz0hw/Stretches%20for%20home%20working.mp4?dl=0>