

# Posture Pod Flying Friends from Straighten Up

1. Stand or sit tall in **Inner Winner** posture with your head high and your shoulders back to look and feel better.



2. Breathe in and stretch your spine as you slowly raise your arms up above your head 3 times in the **Eagle**. Enjoy.



3. Circle your shoulders backwards for 10 seconds in the **Hummingbird**. Bring your shoulder blades together.



4. Gently draw your head back into your hands 4 times in the **Butterfly**. Then softly massage your neck muscles in the **Trap Opener**. Do these twice daily for better posture.



*If an exercise hurts don't do it.*