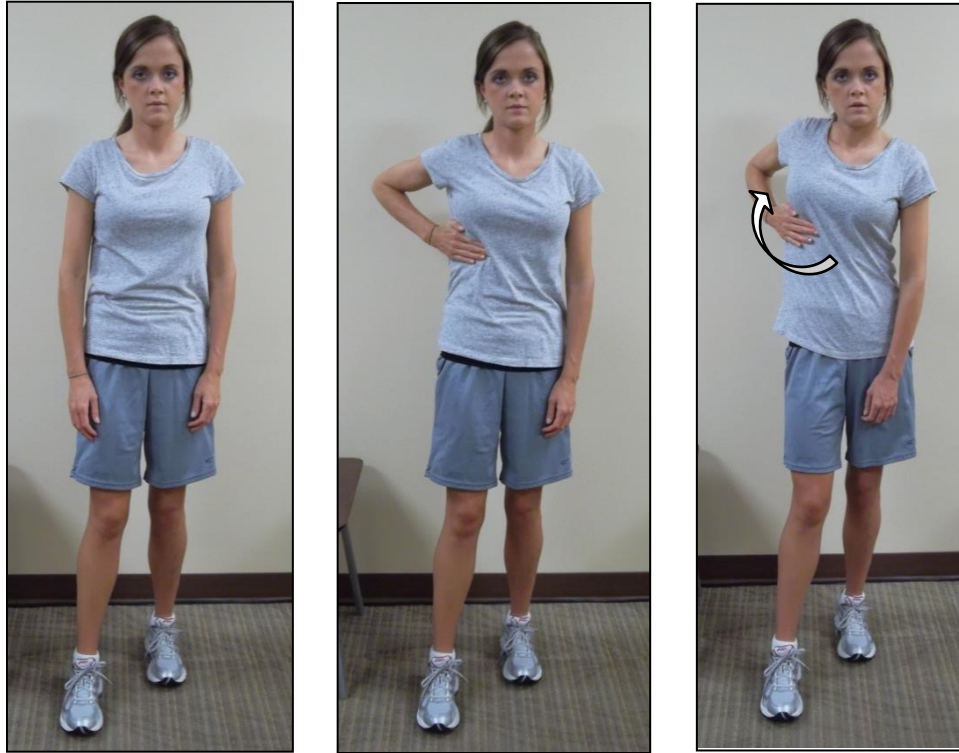


STANDING LEFT CENTERING WITH RIGHT THORACIC ROTATION, RIGHT RIB SENSORY AWARENESS, AND INHALATION FOCUS



1. Stand with right foot forward and left foot back. Bring your left hip back feeling your weight shift back to your left foot and heel. Your pelvis should orient slightly to the left. Find, feel, and be aware of your left heel throughout the exercise.
2. Place your right hand on your lower rib cage while your left hand stays at your side. Relax and exhale fully through your mouth.
3. Continue to keep the left heel grounded as you inhale through your nose, feeling the right ribs move up and back as your trunk slightly rotates to the right. Continue to keep left heel grounded.
4. Exhale through your mouth as you relax to the starting position. Repeat for 4-5 breaths emphasizing right rib motion with each inhalation.
5. Relax and repeat 4 more times.