



## 7 Daily Movements for ALL

These 10 minutes of vital movements are accessible to almost all.

No. 4 can be done with or without a heel support - use a block or books to find the right height.

If it is painful, get in touch with me. I can give you tips to make it accessible (you should not experience pain)

Hold each one for 5-10 calm breaths. Remember to complete both sides 😊

