



Let it Heal

Sternal Instructions

Lift your shoulders as high as you can. Inhale deeply as you lift and expand your chest. Keeping your chest elevated, exhale and breathe normally as you pull your shoulder blades back and push your retracted shoulders down, and push your chest out. Hold this position for a few moments.

Relax.

Repeat three times.

Continue daily.

This exercise is initially quite difficult and painful to do, but after a few days it becomes much easier.

Advanced Bowen Therapy



Detox Ion Spa Footbath



www.letitheal.com
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