

MAGIC CIRCLE MERMAID



Starting Position

- Sit on the floor with your legs crossed in front of you
- Place the circle out to your side and slightly in front of your hips
- Rest the heel of your hand on the circle with your arm straight
- Reach your other arm up towards the ceiling



Movement

- Exhale. Set your pelvic floor and lower abdominal muscles and grow taller through your spine
- Then press the circle and stretch up and over to the side
- Let your head and neck follow the curve of your spine
- Inhale. Hold in this position
- Exhale return to the starting position
- Repeat 3 – 5 times each side

Notes:

- Make sure both shoulders don't elevate throughout the exercise, keep the shoulder blades drawing down your back