

Preparatory Exercises

Spinal Roll 1

Starting Position: sitting with your legs crossed.

Grasp your big toes and bring your chin close to the sternum, let your body swing back and then return to the sitting position.

Your breath can be synchronized with the movement: inhale when swinging back, exhale when returning to the sitting position.

Keep the movements very smooth.

5 to 10 repetitions are sufficient, but it is possible to add many more.



Contraindications: dizziness; important pathologies related to blood pressure.

Benefits: relaxes and warms up the whole body.