MERMAID

Starting Position: Side sitting. Robs back.
Elongated spine. Hula hip on side bending side.

Instructions:
1. Exhale: Sweep arm overhead and side bend torso away from legs.
2. Inhale: Hold position and expand breath into side ribs. May continue to hold for several breaths or return to starting position on an exhale.
3. Perform for __ repetitions.

Tips:
Rib Position: Don't allow lower ribs to "pop" forward.
Sits bone: May reach stretching side sits bone towards the floor to increase stretch.

Variations:
Alternate Sitting Positions:

a) Sit on small book, or box under pelvis to decrease torque on hips/knees.
b) Sit cross-legged.
c) May sit on chair with legs parallel. Keep stretching side sitz bone pushing down into seat.

Thoracic Rotation: While in stretch position, may rotate torso towards bottom hand to stretch lat.

Chest Stretch: While in stretch position, may engage shoulder blade and reach backwards for a chest stretch.

Modified Side bend: Place and behind head instead of sweeping arm overhead. Reach elbow towards ceiling.

Reverse Mermaid: Instead of side bending away from feet, side bend towards feet sweeping opposite arm overhead.