

# STRAIGHTEN up NZ

BETTER POSTURE,  
BETTER HEALTH

**INNER  
WINNER**  
PULL BELLY BUTTON  
TO SPINE



**STAR**



**TILTING  
STAR**  
2X SLOWLY

**TWIRLING  
STAR**  
REVERSE 2X



**TWISTING  
STAR**  
ALTERNATE 1.5 SEC



**TRAP OPENER**  
1 RELAX HEAD SIDE TO SIDE  
2 MASSAGE BACK OF NECK  
3 ROLL SHOULDERS 1.5 SEC



**THE EAGLE**  
DRAW SHOULDER  
BLADES TOGETHER  
3X



**HUMMING BIRD**  
DRAW SHOULDER BLADES  
TOGETHER - CIRCLE  
SWAY 10 SEC



**BUTTERFLY**  
ELBOWS FOWARD  
PRESS HEAD BACK HOLD  
3X



**TIGHT ROPE**  
BALANCE 20 SEC PER SIDE



**WASHING MACHINE**  
GENTLY SWAY SIDE TO SIDE



**THE TRIANGLE**  
TURN FOOT OUTWARD  
GENTLE STRETCH 10 SEC PER SIDE



**SHAKE IT OUT**



## KEY



Breath



Movement

Designed by Felicity Cameron