



Let it Heal

2400 Brant Street, Burlington ON L7P 4N3

Sternal Instructions

Lift shoulders as high as you can. Inhale deeply as you lift and expand your chest. Keeping your chest elevated, pull your shoulder blades back and exhale sharply. Hold that position and inhale again. Exhale sharply as you 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



www.letitheal.com

905-335-9355

Detox Ion Spa Footbath

