

## Swan Dive

Starting position: Lie on your front. Legs out straight, hip-distance apart. Arms bent into an 'L' shape and resting beside your body, with the elbows slightly below shoulder level. Forehead resting on small cushion or folded towel. Neck long.



### Level 1

- INHALE to prepare
- EXHALE, lift your breastbone to hover off the floor. Allow the neck and head to follow the small movement and hover from the mat. Keep the back of your neck long.
- INHALE and hold the position
- EXHALE, lower the breastbone to the mat. Allow your neck and head to follow the movement and also lower. Keep the back of your neck long.

Sets: 2    Reps: 10



### Level 2

Starting position: Lie on your front in the 'sphinx' position. Legs parallel, hip distance apart. Gently lift your waist, lower ribcage and breastbone away from the mat. Slide your shoulder blades downwards. Allow your head to rest forwards towards the floor.

#### Action

- INHALE to prepare
- EXHALE, lengthen the back of your neck and lift your head and neck upwards into neutral alignment with your upper spine. Reach the crown of your head away from your tailbone to maintain the sphinx position
- INHALE, slowly roll your head forwards towards the floor by moving from the base of the neck.
- Repeat maintaining the sphinx position

Sets: 2    Reps: 10



### Level 3

- Assume the level one starting position
- INHALE to prepare
- EXHALE, lift your breastbone to hover off the mat. Allow your neck and head to follow and also hover from the mat. Simultaneously, hover your arms above the mat.
- INHALE and hold the position
- EXHALE, lower the breastbone to the mat. Allow your neck and head to follow the movement and also lower. Keep the back of your neck long.

Sets: 2    Reps: 10



### Tips

- Reach the tailbone towards the wall behind you to avoid arching your lower back
- Imagine holding a ripe peach between your chin and your chest to avoid jamming your chin to your chest