

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

- 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

Level 3

- Rest your forehead on the back of your hands
 - INHALE to prepare
 - EXHALE, gently slide your shoulder blades downwards and lengthen your upper body off the mat keeping the neck long. Keep your hands in contact with your forehead.
 - INHALE and hold your lengthened position
 - EXHALE and lower to the mat
- Sets: 2 Reps: 10



Tips

- Imagine your tailbone reaching towards your heels to prevent arching your lower back
- Think of pointing the crown of your head to the wall in front of you to avoid extending your neck

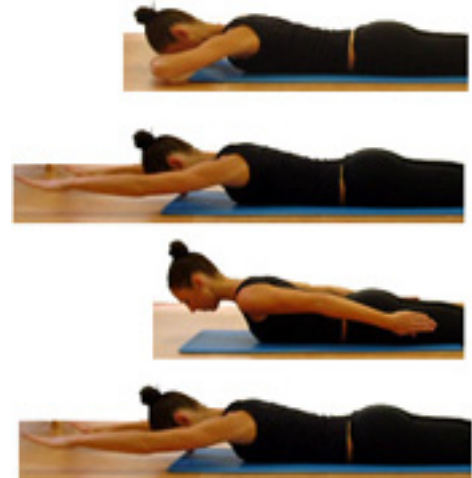
Breast Stroke

Starting position: Lie on your front and rest your forehead on the back of your hands. Lengthen the back of your neck. Neutral spine position. Legs out straight, hip-distance apart.



Action

- INHALE to prepare
 - EXHALE, gently slide your shoulder blades downwards and lengthen your upper body off the mat keeping the neck long. Keep your hands in contact with your forehead.
 - INHALE, keep the upper body lengthened off the mat and reach your arms forwards, level with your ears
 - EXHALE, circle your arms outwards and downwards to your hips (palms facing hips) while lengthening the upper body further (do not arch the lower back).
 - INHALE, lower your upper body to return to your position just hovering above the mat. Simultaneously, reach your arms forwards again to repeat another breast stroke movement
- Sets: 2 Reps: 10



Tips

- Think of widening your collarbones to keep the front of your chest open
- Keep the distance between the tailbone and the crown of the head as long as possible to prevent arching your back or neck