

SWISS BALL CHILD POSE STRETCH



Starting Position

- Kneel in front of the swiss ball, with your knees slightly wider than hip width apart
- Place your hands shoulder width apart on top of the swiss ball

Movement

- Slowly sit back on your heels and lower your head between your arms
- Try and keep your elbows straight and your hands flat on the ball
- Hold this position as you breath slowly in and out for 3 breaths
- Rest by returning to the starting position
- Repeat 3 – 5 times

Notes:

- You should not sit back on your heels if you feel any pain in your knees, ask your Pink Pilates Physiotherapist to find a more suitable exercise for you