

The Final Count Down 2018

Please see below some of the movements we did at IFS 2018 and a few we didn't get around to due to everybody being knackerd, we went straight to the floor, combining some mobility moves into the floor work to ensure we were ready for some stretching and fascial release. I thought you may like picture of what we could have done in standing. Thank you for joining nus on the last session! Watch out for the video. Facebook Cherry Baker Education

To get our newsletter and video clips go to www.cherrybaker.com and click on the newsletter.





We gradually built up to the exercises opposite, with adaptations for various issues and spinal conditions.



away and take buttocks to heels

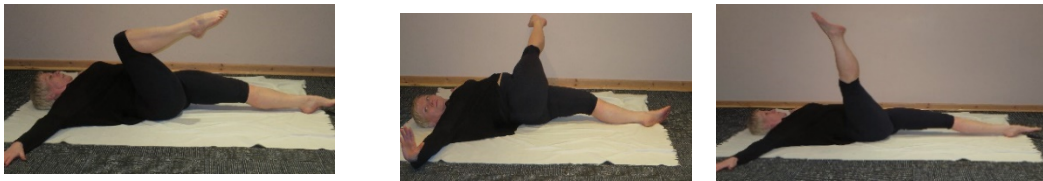


use pushing hips away initially, then add hip push





Repeat on opposite side



Repeat on opposite side etc.



Repeat on opposite side



Finish with a functional stability exercise after fascial stretching