

### **The Wellness Practice™ Wall AHC Exercise with Abdominal Core Breathing**

- With knees slightly bent, place heels, buttock, upper back, and head against wall.
- Inhale slowly and as deeply as possible through nose and fill abdomen with air, push stomach out, rotate pelvis backward (think of pointing headlights on your buttock toward the ceiling).
- Slowly exhale through relaxed mouth (relax entire face) emptying and flattening abdomen (pull belly button inward toward spine as you exhale), rotate pelvis forward, flexing buttock and pointing headlights on buttocks toward the floor. Exhale as much air as possible and bring belly button in as much as possible. Your stomach and buttocks should be contracting and tight.
- As you are exhaling bring arms up with right angles at shoulder and elbow and externally rotate attempting to bring forearms and back of hand against the wall while keeping the elbows against the wall.
- Tuck chin slightly to create flexion in upper cervical spine.

