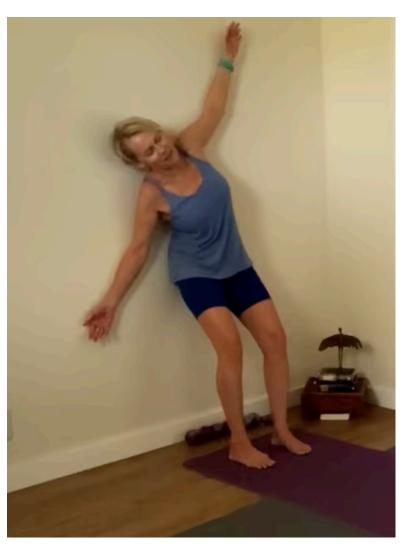
Age Less Move More

QL Release Movement Sheet



QL Stretch at the Wall

Stand into a wall with your feet walked out about 2' and your sacrum, low back and mid-back against the wall. Inhale and lift your left arm up, exhale and drop slowly to the right keeping your back into the wall. Hold your edge and breathe. Feel the deep QL stretch. Come back up slowly and switch sides.