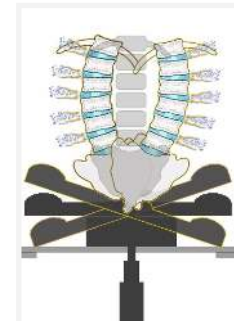


# Wobble Chair Exercises



1. Inhale deeply. Shift pelvis & stomach toward right knee.

2. Shift pelvis straight back as far as possible from right knee. Exhale forcefully.

3. Inhale deeply. Shift pelvis & stomach toward left knee.

4. Shift pelvis straight back as far as possible from left knee, returning to starting position. Exhale forcefully.

5. Repeat figure 8 motion slowly for 12-15 minutes.

*(Time may decrease if individual shows signs of neurological fatigue.)*