

Francesca White

Release Your Upper Chest and Ribs



1 Lying on your back, knees tilting from side to side (44.05 min)

2 Lying on your back, raising your arms above your head, opening your chest (43.27 min)

3 Lying on your tummy, sliding your nose towards your elbow (40.55 min)

4 Side-sitting, bending your ribs sideways, hand on head (40.19 min)

Archived Resource - 4 x Audio CD's in case