

SIMPLE STRETCHING

Pelvic Tilts



Lie on the floor with knees bent and feet flat on the floor. Inhale and arch the back, rocking the hips forward. Exhale and rock the hips back, rounding the back against the floor. Continue going back and forth between the movements for 4-6 breaths.

Cat Stretch



Kneel on all fours, knees under hips and hands under shoulders. Spread the fingers out on the floor with palms flat and contract the abs to bring the head, neck and back in alignment. Inhale and tip the hips towards the ceiling while drawing the shoulders back and down away from your ears; look up. Exhale and tuck the chin while pulling your belly towards your spine. Round the back and feel a stretch down your spine. Repeat for 4 to 6 breaths, moving smoothly between each move.

Child's Pose



From the Cat Stretch, sit back on your heels and bring your arms down along your body, palms facing up. Relax and breath for as long as you like

Side Stretch



While in Child's Pose, place your right hand next to the chest, elbow bent and stretch your left arm up over your head, palm resting on the floor, keeping your hips straight. Turn your head and look under your arm, feeling a stretch down the left side of your back. Hold for 3 or more breaths and switch sides.

Bridge



Lie on the floor with knees bent, heels close to the hips. Exhale and press feet into the floor as you lift hips up until thighs are parallel to the floor. Relax the glutes, feeling your quads activate to hold you in place. Hold for 3 or more breaths and slowly roll back down onto the mat. Pull the knees into the chest to stretch the back and relax.

Back Stretch



Lie on your side with knees bent and hips, knees and ankles stacked. Stretch the bottom arm straight out and rest top arm on top, palms together. Keeping your hips stacked and abs engaged, draw the top arm across your body (fingertips trailing the body) and out to the other side. Feel a gentle stretch in your back. Draw the arm back in, stretching over the bottom arm and repeat 3 times before switching sides.

Rest Pose



Lie on your back with legs and arms out from the body. Let your feet flop out and relax your fingers. Close your eyes and relax the muscles round each eye as you breath deeply. Starting at your feet, consciously relax each part of your body, letting all your tension go as you breath. Stay here for 5 or more minutes.