

## **Stretch and Relax**

Cat/Cow- Sit upright in chair with feet flat on floor. Place hands on knees. As you inhale, curve spine, pushing chest out. As you exhale, curve spine, rounding out. Repeat slowly for 3-5 breaths.

Lateral Flexion- Sit upright in chair with feet flat on floor. OR do standing straight, with spine in a straight line. As you inhale, lift R arm over head, reaching upward. Lower as you exhale. Repeat on the opposite side. Repeat slowly for 3-5 breaths.

Spinal Twist- Sit upright in chair with feet flat on floor. Gently twist shoulders to the right, placing right arm on back of chair and left hand on right knee. Hold 3-5 breaths. Repeat on the opposite side, holding 3-5 breaths.

Forward Fold- Sit upright in chair with knees wide. Gently fold from the hips toward floor, resting hands on floor or shins. Hold 3-5 breaths. Squeezing tummy, gently pull your torso back upright. OR Stand upright with spine in a straight line. Gently fold from the hips with a soft bend in the knees, resting hands along legs or the floor. Hold 3-5 breaths. Squeezing tummy, gently pull your torso back upright.

Neck Stretches- Sit upright in chair with feet flat on floor. Turn head to the right at 45 degree angle. Gently drop chin down. Hold 3-5 breaths. Return head to center and repeat on opposite side.

Forearm Stretches- Sit upright in chair with feet flat on floor. Straighten right elbow in front of you. With left hand, gently push fingers downward. Hold 3-5 breaths. Then, with left hand, gently push fingers upward. Repeat on opposite arm.

Dolphin- Standing in front of desk about 3 feet, with feet shoulder width apart. Place hands on desk, gently pushing backwards through the sit bones.

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