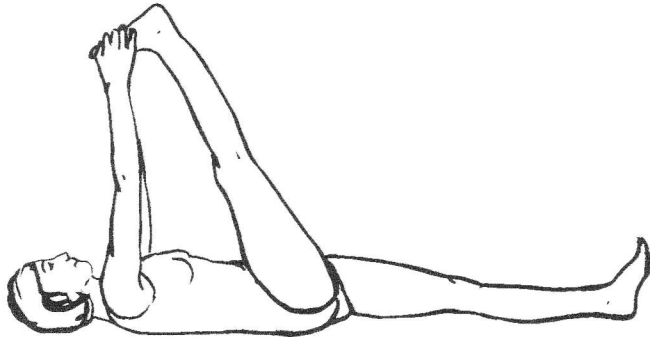




HIP OPENER



HAMSTRING STRETCH



SUPTA PADANGUSTHASANA



SUPTA PADANGUSTHASANA

**Lying down leg stretches, starting with both feet at wall.
Keep your core engaged throughout and the back of your pelvis grounded. Shoulders relaxed. If you want to work on stretching your arms at the same time as your legs, you can hold the belt in Variation 2 with both hands and begin to take the arms overhead.**

- 1. (10-15 breaths)** Lie on your back with your legs straight and feet together. Bend your right leg in, and, using both hands, hug your leg to your chest. Keep your left leg straight, with the back of your thigh and knee on the floor. Release and do the other side.
- 2. (15-20 breaths)** Still on your back, legs straight and together. Bend your right leg in, slip a belt over your foot and straighten your right leg towards the ceiling. Hold the belt with both hands, arms straight. Keep your chest open and your shoulders relaxed. Release and change sides.
- 3. (15-20 breaths)** Still lying on your back, bend your right leg, loop the belt around your foot and hold the belt with your right hand. Straighten your leg and extend it to the right. Left leg stays straight with your left hip on the floor. Turn your navel left; keep your left buttock firmly on the floor. Release, and change sides.
- 4.** As above, you hold the belt with the opposite hand to the leg you are taking across your body. Keep the back of your pelvis anchored so you don't lift the side of your body off the floor.

Lying down Twist

(5 breaths each side) Lie on your back and stretch your arms out sideways so they line up with your shoulders. Bend your knees and keep them together, with your feet on the floor. Exhale and take your knees down to the right side, keeping your core engaged. Then inhale, knees to centre, and then exhale, knees to the left. 3 x, alternating sides.

Triceps/Biceps Stretch

Standing, cross your arms in front of your breastbone, with one elbow in the crook of the other. Hold for 10 breaths, then switch sides. Repeat.



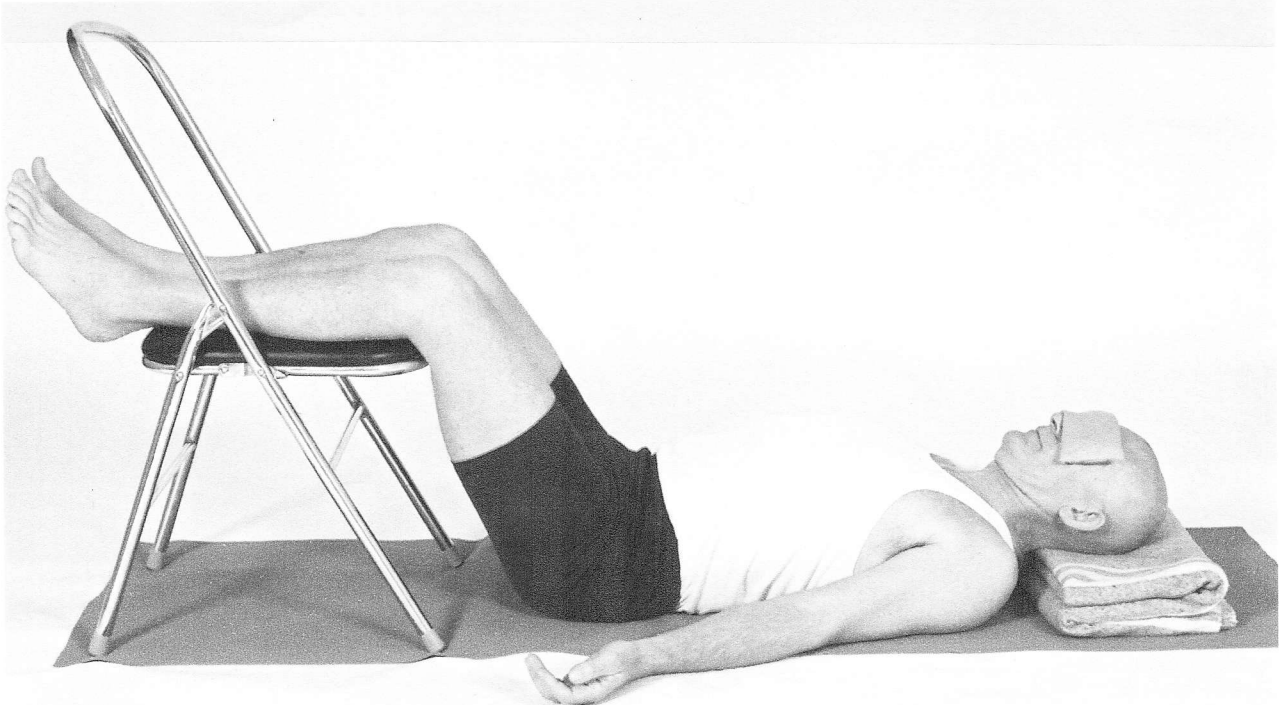
Warrior Arms

Standing – Stretch your arms out straight from your shoulders and keep both shoulders unhunched. Without lowering your arms, press down through your hands, as though you were pressing against a tabletop, to activate your arm muscles. Hold for 10 breaths, then repeat.



Relaxation with legs elevated

Lie down and lift your lower legs onto the seat of the chair. Move your buttocks in close to the chair and rest your arms by your side. Support the back of your head and neck with a folded blanket. Cover your eyes with an eye bag or soft cloth, if you like to go inside more. Stay in the pose for 5–15 minutes. You will find your breathing becomes very gentle and quiet.



Note: Do the standing lower back stretch, holding on to a railing or ledge, with your legs bent to about 60 degrees, as often as you find it helpful. Work to straighten your arms, not exceeding your limits, and with your chest open and shoulders relaxed.