



Stretching

Find a comfortable spot on the ground, maybe use a mat underneath you. Do each stretch for 30 seconds while taking deep breathes



DID YOU KNOW? Downward facing dog stretch has many benefits. It elongates and releases tension from your spine, stretches hamstrings, calves, arches, and abdomen. It can relieve back pain, headaches, and insomnia. It can help calm the nervous system and relives stress.

DID YOU KNOW? The Bridge stretch has many benefits. It stretches the chest, neck, spine and hips. It strengthens the back, buttocks, and hamstrings. Improves circulation of blood and helps alleviate stress.



DID YOU KNOW? The Malasana stretch has many benefits. It stretches the thighs, groin, hips, ankles and torso. It can tone the abdomen and improve function of the colon. This pose also increases circulation and blood flow to the groin.

DID YOU KNOW? The wall stretch has many benefits. When you put your legs up, lymph and other fluids that can lead to swollen ankles and tired knees can flow into the lower belly. This refreshes the legs and reproductive areas.





DID YOU KNOW? The Low-Lunge stretch has many benefits. It opens up the thighs, groin and chest. It is great for athletes or anyone who sits frequently.

DID YOU KNOW? The Balasana stretch has many benefits. It gently stretches the hips, thighs, and ankles. It calms the brains and can help relieve stress and fatigue. This can also relieve back and neck pain.



DID YOU KNOW? Cat-Cow stretch has many benefits. It improves posture and balance. It can strengthen and stretch the spine and neck. Increases coordination and creates emotional balance and relieves stress and calms the mind.

DID YOU KNOW? Head to Toe stretch has many benefits. It stretches the spine, shoulders and lower back. Can help relieve headaches and insomnia.

