

# Neck Stretch



- Sit cross-legged or on heels with back straight
- Inhale and slowly lower right ear to right shoulder
- Exhale and return to center
- Inhale and slowly lower left ear to left shoulder
- Exhale and return to center
- Inhale and lower chin to chest
- Exhale and return to center
- Repeat for 6-8 breaths

# Shoulder Rolls



- Perform slow shoulder rolls to the front and back
- Inhale on the upward movement
- Exhale on the downward movement

# Cat and Cow



- Begin on hands and knees
  - Hands beneath shoulders and knees beneath hips
  - Back flat, eyes looking at floor
- Inhale and arch spine upward, tuck tailbone, bend neck, and look underneath body (Cat)
- Hold for 3-4 breaths
- Exhale, arch back downward, tailbone up in the air, head up (Cow)
- Hold for 3-4 breaths

# Upward Facing Dog



- Lie face down
  - Elbows bent, close to the body
  - Hands alongside chest
- Inhale and push through hands, lift body
  - Chest and hips raised
  - Look straight ahead
  - Knees, shins, and toes on floor
- Hold for 3-4 breaths
- Exhale, slowly lower body

# Hip Raise



- Sit on heels with arms at sides
- Inhale, open arms to side and raise them overhead while raising hips to a kneeling position
- Hold for 3-4 breaths
- Exhale, lower arms, and lower hips to heels

# Sun Salutation



- Stand tall, arms by sides
- Inhale, open arms and bring together overhead
- Reach overhead and back
- Hold for 3-4 breaths
- Exhale
- Bend at waist, reach hands toward floor
- Relax head between arms
- Hold for 3-4 breaths
- Repeat

# Knee Lifts



- Stand, feet shoulder-width apart, toes forward
- Inhale, lift one leg until knee is bent at 90°
- Hold for 2-3 breaths
- Exhale, slowly lower leg
- Repeat on opposite side

# Downward Facing Dog



- Begin on hands and knees
- Inhale, straighten legs
- Bend at hips and lift upward
- Relax head between arms
- Press heels to floor
- Hold for 3-4 breaths
- Exhale
- Lower body to floor

# Cobra



- Lie on stomach
  - Hands on ground, in front of shoulders
  - Elbows close to ribs
- Inhale, straighten arms
- Slowly lift head and shoulders
- Look up and back
- Hold for 3-4 breaths
- Exhale slowly lower body to floor

# Happy Baby



- Lie on back
  - Arms at sides
  - Hands open, palms up
- Inhale
- Pull knees to chest
- Wrap arms around legs
- Rock slowly, side to side, 3-4 breaths

# Corpse



- Lie on back
  - Arms at 4 and 8 o'clock
  - Feet hip-width apart, relaxed
  - Eyes closed
- Breathe slowly
- Imagine body being pulled into ground
- Hold for 8-10 breaths