

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

Spine Stretch



- Sit upright, legs extended
- Bend one knee, place foot on opposite side of straight leg
- Inhale, 4 counts
- Exhale, turn torso toward bent knee
- Inhale, return to center
- Repeat on opposite side

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

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

Chair



- Stand, feet hip-width apart, toes forward
- Inhale, slowly bend knees
- Sit back into chair position, thighs parallel to floor
- Raise arms in front of body
 - Palms facing each other
 - Weight in heels
- Hold for 2-3 breaths
- Exhale, rise to standing position

Warrior One



- Stand with feet shoulder-width apart, toes forward
- Inhale, step forward with 1 leg into a lunge position
 - Back leg is nearly straight
 - Knee of front foot remains behind toes
- Hold for 3-4 breaths
- Inhale, raise arms to sides of body
 - Keep shoulders down and back
 - Elbows bent at 90°
 - Hands up and open, palms face forward
- Hold for 3-4 breaths
- Exhale, return to standing position
- Repeat on opposite side

Horse



- Stand with feet wider than shoulder-width apart, legs in wide V, toes outward
- Inhale, bend knees
 - Knees remain behind toes
- Bend elbows, hold close to and in front of body
 - Palms facing up
- Hold for 3-4 breaths
- Exhale, return to standing position

Pivot Lunge



- Stand in lunge position with right foot forward, both knees bent
 - Weight on balls of feet
- Slowly pivot 180 degrees to left, turning feet throughout
 - Inhale when facing forward, exhale when facing backward
 - Knees remain behind toes
- Continue pivoting back and forth for 8 breaths

Low Lunge to Extended Side Lunge



- Kneel in low lunge position
 - Left leg extended backward, toes and knee on ground
 - Hips low
 - Hands on either side of bent leg, or on bent leg
 - Bent knee remains behind toes
- Hold, 3-4 breaths
- Rotate body to side
 - Place right hand on ground inside right leg
 - Reach Left arm overhead, in line with extended leg
- Hold for 3-4 breaths
- Repeat on opposite side

Plank to Downward Facing Dog



- Face floor
 - Arms extended directly beneath shoulders, on toes (Plank)
- Hold for 3-4 breaths
- Inhale
- Bend at hips and upward into Downward Facing Dog
- Hold for 3-4 breaths
- Exhale
- Lower to Plank

Bridge



- Lie on back, knees bent, feet flat on floor near glutes
- Extend arms alongside body, palms down
- Inhale
- Press feet and arms into floor
- Lift hips to ceiling
- Keep legs and feet parallel
 - Weight in shoulders and feet, not neck
- Hold for 3-4 breaths
- Exhale while lowering

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