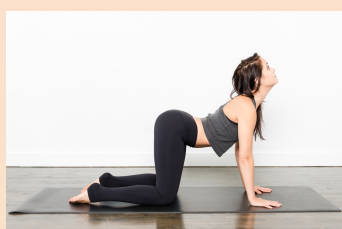


NURTURE YOUR BODY WITH MOVEMENT



Cat - forward bend/flexion



Cow - backward bend/extension

Spinal Exercises

Option to sit, stand, or on floor.

Can be static (holding the poses) or

Dynamic (flowing back and forth).

1. Cat/Cow (flexion/extension of spine)
2. Side stretch (reach arm up and extend from foot to fingertips - right & left side)
3. Twist (inhale to extend spine upward, then exhale to twist - right & left side)

*Seated twist in chair - Place hand on outside of opposite knee, use back of chair to support holding the pose.

*Standing twist - Extend one hand in front & one hand behind. Keep hips square facing forward while twisting the upper body and gaze towards back hand.



Standing side Stretch



Seated on floor twist

Static Standing Stretches 30-30-30 seconds

1. Chair pose - knees above toes, gaze at thumbs or keep cervical spine neutral.

2. Chest opener - Hands can clasp behind back for deeper stretch, or hands can come out wide to the side. Gaze up while retracting shoulder blades close together.

3. Tree pose (30 seconds each side) - Open hip to side first, then place sole of foot anywhere along opposite leg on ankle, calf, or inner thigh but never on the knee!



Chair pose



Chest opener



Tree pose

Dynamic Energy Boosting Exercises 30-30-30 repetitions



Calf raises



Squats



Goddess



Star

1. Calf raises - Stand straight, option to hold onto desk for support. Roll forward onto balls of feet to balance while lifting heels, then heels come down.

2. Squats - Bring feet hip-width apart. Sit back to bring glutes in line with knees, keep knees over or slightly behind toes. Hands in front for balance. Squeeze glutes and exhale while extending legs to stand up, pressing hips forward.

3. Goddess to Star - Bring stance wide, toes pointed outward at 45 degree angle. Exhale, bend knees and come down to wide squat while bringing arms to cactus, option to lift/lower heels for extra challenge. Inhale, straighten legs while crossing arms in front of body, then open up arms up and wide to 5-pointed star pose (think of drawing two linking circles with fingertips). That is one repetition.

