

HOLD EACH STRETCH FOR 60 SECONDS. REPEAT 2-3 TIMES.

PIGEON POSE

- On all fours, bring right knee forward towards right wrist and settle ankle across your body, in front of left hip
- Slide left leg back and point your toes
- Exhale & bring chest down to meet right leg

LIZARD POSITION

- Begin in a Downward Dog position, step right foot forward to the outside edge of right hand
- Lower left knee to the ground
- Slowly lower onto your forearms, keeping your back flat

SINGLE FORWARD LEG FOLD

- Sit with a straight back, and legs out straight in a V formation
- Bend left knee and bring sole of the foot to the inside of right thigh
- Exhale, bringing chest down to right leg reaching for the calf, ankle or toes

DOWNWARD DOG

- On all fours, set knees directly below hips and hands slightly forward of shoulders
- Exhale and lift knees away from the floor until fully extended
- Stretch heels onto or down towards the floor

SADDLE ARCHER

- Sit on or in between heels
- Lean back slowly onto your elbows, if comfortable continue leaning until head and shoulders are on the floor
- Find a comfortable arm position: by your sides or over your head