



Stretch the back of you legs!
One leg straight and one bent
with the foot on the floor.
With a straight spine hinge
forwards towards your legs.
Support your self with your
hands.



Circling the shoulders, this can be done with
fingers on shoulders drawing a circle with your
elbows or can be down with hands down by your
sides rolling the shoulders in a circle. Don't
forget to go both ways.



Sit with a straight back, and draw your belly
button in towards your spine. Draw one knee in
towards the body and hug it in for a couple of
breaths, release down gently. Repeat on the
other side.



Forward fold. This is a lovely stretch for the low
back. You have the option to keep your
forearms on your legs or you can drop your
hands to the floor. Put some weight into your
hands as you come up to support the body.



Finishing our practice with a twist. Place one
hand on the chair seat behind you and the
other on your leg, twist the body towards the
back of the chair. Hold for a couple of breaths
or come in and out of the post a couple of
times. Repeat on the other side.