

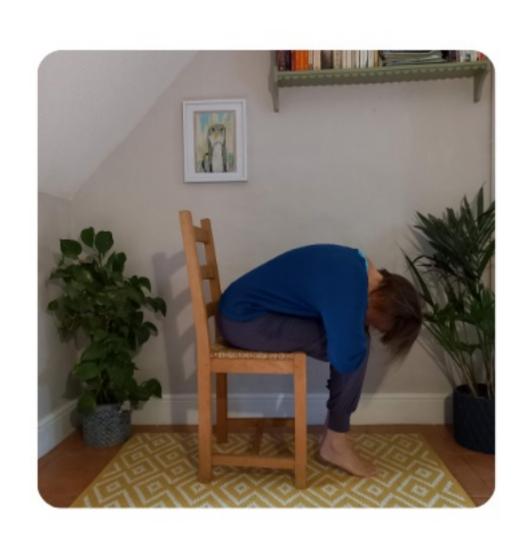
Stretch the back of you legs!
One leg straight and one bent with the foot on the floor.
With a straight spine hinge forwards towards your legs.
Support your self with your hands.



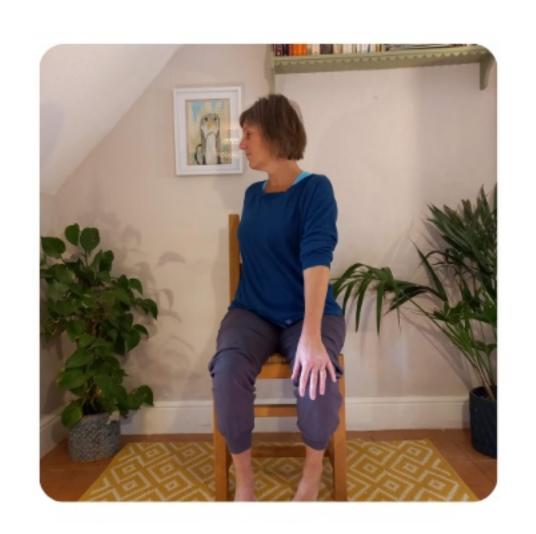
Circling the shoulders, this can be done with fingers on shoulders drawing a circle with your elbows or can be down with hands down by your sides rolling the shoulders in a circle. Don't forget to go both ways.



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.