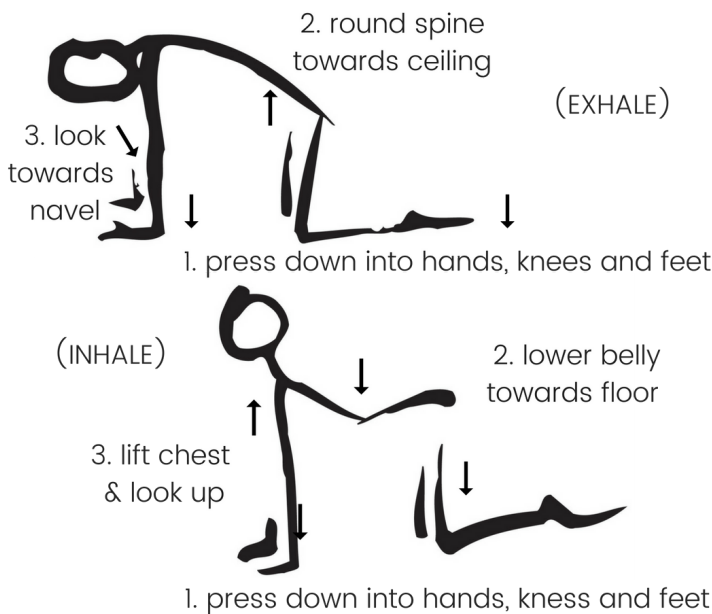


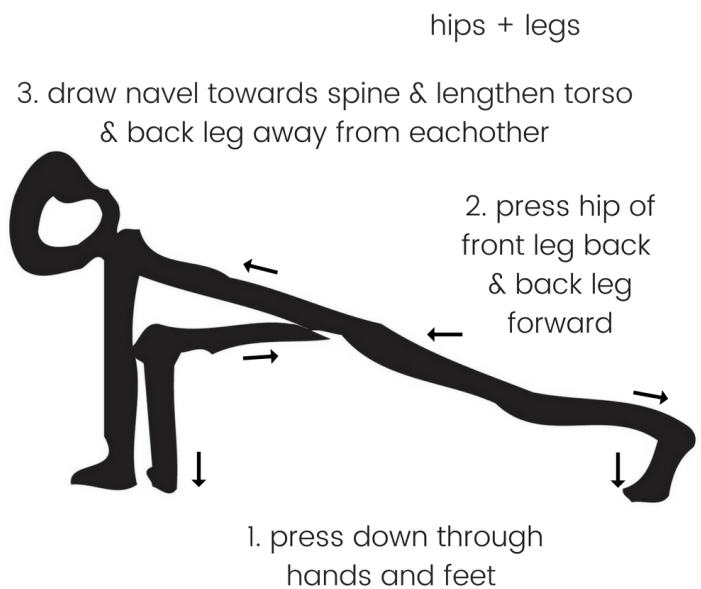
**General Guidelines**

- Start out by holding each active stretch for at least 30 seconds, or 5 - 10 breath cycles (inhale + exhale), working up to 1-3 minutes. Passive stretches (supine twist + legs up the wall) can be held up to 15 minutes.
- Never under any circumstances should you feel pain. A healthy feeling of tension along the muscle is a sign of the tissues responding to the stress of the stretch, pain is a way for your body to tell you you have pushed past a safe range of motion.
- ALWAYS listen to your body.

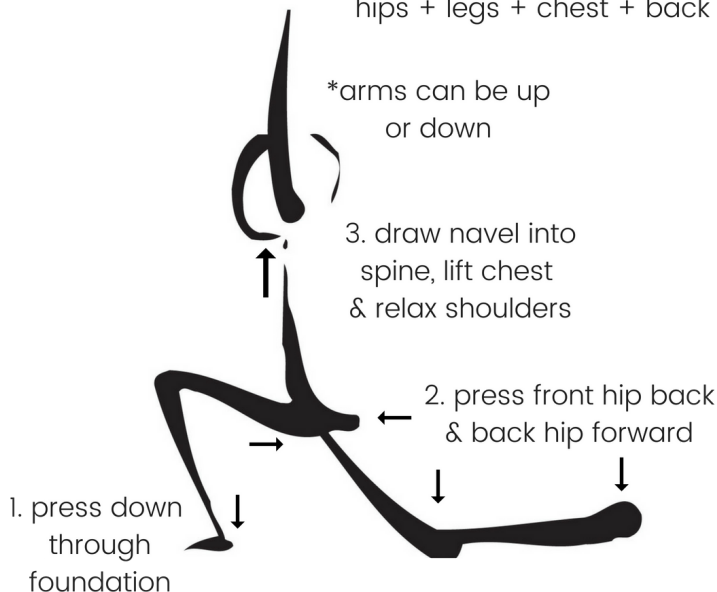
**CAT & COW** hips + back + chest + shoulders + core



**HIGH LUNGE**



**LOW LUNGE** hips + legs + chest + back



**PUPPY POSE** chest + shoulders + back + hips

