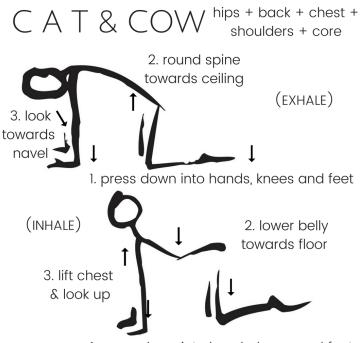
SIMPLE STRETCH SERIES

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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.



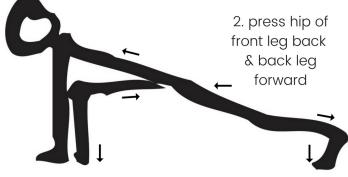
1. press down into hands, kness and feet

HIGH LUNGE

hips + legs

chest + shoulders

3. draw navel towards spine & lengthen torso & back leg away from eachother



1. press down through hands and feet



