



Seated Cat Stretch (Spine stretch)

- Sit on edge of a chair
- Hands on thighs.
- Inhale, rolling shoulders back and down, gaze at ceiling.
- Exhale, round forward looking at floor. Do 5 complete breaths.



Seated Pigeon (Outer hip stretch)

- Sit on the edge of a chair
- Shoulders stacked over hips
- Cross R ankle over L knee
- Hinge forward, keeping back flat
- If spine rounds, lift up until spine is straight



Crescent Lunge (Front of hip, chest, back, shoulder stretch)

- Come into a lunge position with back heel off the floor
- Align front knee and ankle
- Reach arms overhead and gently reach hands and chest back
- Square your hips to the wall in front of you
- Gaze straight ahead or slightly upward
- Option:** Clasp hands behind your back to open the chest a little more



Doorway Stretch (Chest and shoulder stretch)

Counteracts slouching. Stand inside a doorway. Bend right arm 90 degrees and place forearm against the doorframe, bent elbow at shoulder height. Rotate your chest left until you feel a stretch in the chest and front shoulder. Hold 30 seconds. Repeat with left arm. Emphasize different shoulder parts by adjusting the height. The lower the elbow, the more you stretch the pectoralis major; the higher the elbow, the more you stretch the pectoralis minor.