



Yoga Series

Breathing should be slow and steady (6 second count inhale and 6 second count exhale).
NOTE: If any pain is felt slightly back off the pose/position and slowly ease into the stretch as the muscles begin to relax.

Child's Pose

Hands reaching in front—gently pressing hips back to heels. Focus on breathing
Hold for 6 long breaths



Downward Dog

From Child's Pose—tuck your toes under and press your hips up—continue pushing through your hands while pressing your heels to the floor. Try to straighten your knees while keeping your back straight but don't hurt yourself in the process
Hold for 6 long breaths



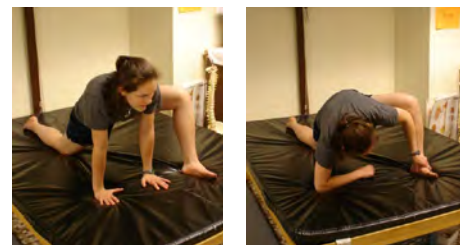
Kneeling Lunge (with arm up)

Lunge forward with hand on leg and lower opposite knee to the floor (move hip in direction of front foot). Reach arm up—slightly side bend and rotate arm so palm is facing away
Hold for 6 long breaths



Deep Lunge

From Kneeling Lunge position—both hands placed on the inside of front foot—either roll front knee out to side (looking under foot) or keep knee on top of ankle, then slowly come down to opposite elbow. To go further in the stretch—move back leg back further
Hold for 6 long breaths



Hamstring

From Deep Lunge position, sit back with leg out in front

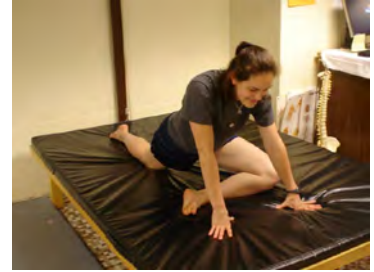
Hold for 6 long breaths



Glutes

From Hamstring position bend front knee and gently place knee in figure four position. Slowly come down to both elbows. To go further in the stretch, move back leg back further

Hold for 6 long breaths



Repeat sequence 1–6 for opposite leg