

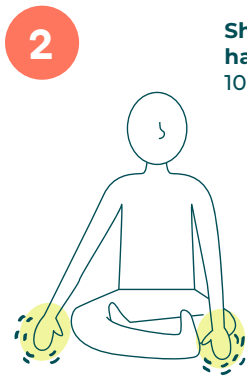
Start with a warm-up

Sitting comfortably on the floor (on a floor mat or exercise mat), start by warming up your shoulders, wrists, and spine.

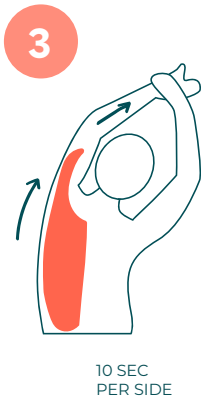


1 Rotate your shoulders with forward circular movements for 10 seconds, then backwards.

10 SEC + 10 SEC



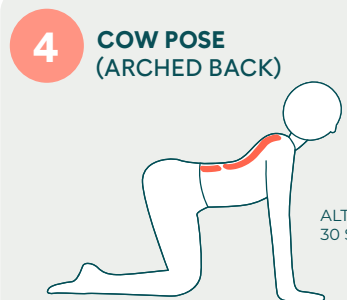
2 Shake your hands for 10 seconds.



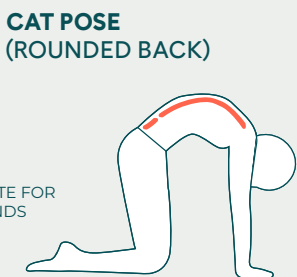
3 Grab your right wrist in your left hand, then lift your arms toward the ceiling. Lean to your left to stretch the **broad back muscle (lats)** for 10 seconds

Repeat on the other side.

10 SEC PER SIDE



4 COW POSE (ARCHED BACK)



CAT POSE (ROUNDED BACK)

ALTERNATE FOR 30 SECONDS

Get in tabletop position, with your hands lined up below your shoulders, and your knees below your hips.

While arching your lower back, breathe in for **Cow pose**. **The back is arched.**

Exhale as you round your back, bringing your navel toward your spine. This is called **Cat pose**. Alternate between arching and rounding your back for 30 seconds.

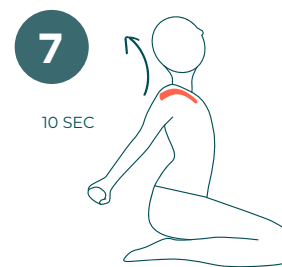
Cool down



6 WIDE LEGGED CHILD'S POSE

15 TO 30 SEC

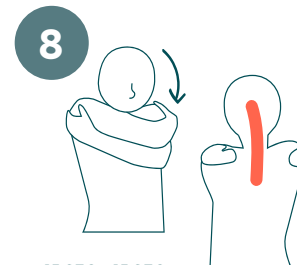
Gently, and with control, make your way back to Tabletop pose (on all fours, see **step 4**). Spread your knees to about the width of your exercise mat. Lean back on your heels to move into **Child's pose**. **Extend the arms forward**. Take deep breaths, using this time to relax and release your lower back for 15-30 seconds.



7

10 SEC

Sit in a comfortable posture (either on your knees or cross-legged), then clasp both hands behind your back. Lower your shoulders, squeeze your shoulder blades together, and gently raise your hands if you can. Hold the pose for 10 seconds, stretching your chest and the front of your shoulders.



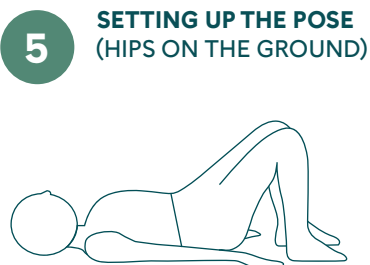
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15 SEC + 15 SEC

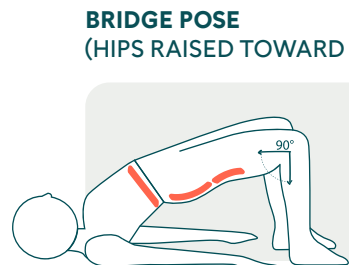
Grab each shoulder with the opposite hand, by placing your right arm under your left arm.

Give yourself a well-deserved hug! Lower your chin to your chest to **stretch the back of the neck**. Gently breathe in and out for 15 seconds, letting your breath come naturally. Switch arms by placing your right arm over your left arm for 15 seconds.

A little more challenge with the Bridge pose



5 SETTING UP THE POSE (HIPS ON THE GROUND)

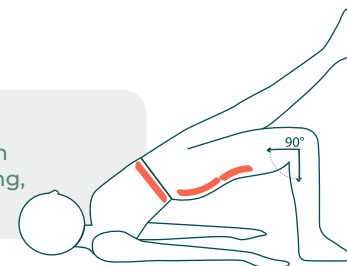


BRIDGE POSE (HIPS RAISED TOWARD THE CEILING)

TIP
Engage the muscles in the back of the thighs, glutes, and abs to stabilize this posture.

VARIATION

For an extra challenge, while remaining in Bridge pose, lift one foot toward the ceiling, followed by the other.



Lying on your back, bring your heels as close to your buttocks as possible. Keep your feet and legs hip-width apart. With your arms at your sides, press against the floor for support and inhale into **Bridge pose**, lifting your hips toward the ceiling. Exhale as you lower your hips to the floor. Repeat the sequence **3 to 5 times**.