

### **Tucked Breathing:**

Lay on your back, with your feet somewhat close to your hips and your knees up. You should feel the spine in full contact with the ground from your pelvis all the way up. Allow yourself to relax as much as possible, letting out tension in the chest and neck. Focus on deep breathing through the abdomen, moving up as you inhale and down as you exhale. Try to use each exhale to allow for greater relaxation. Do 10 breathes.



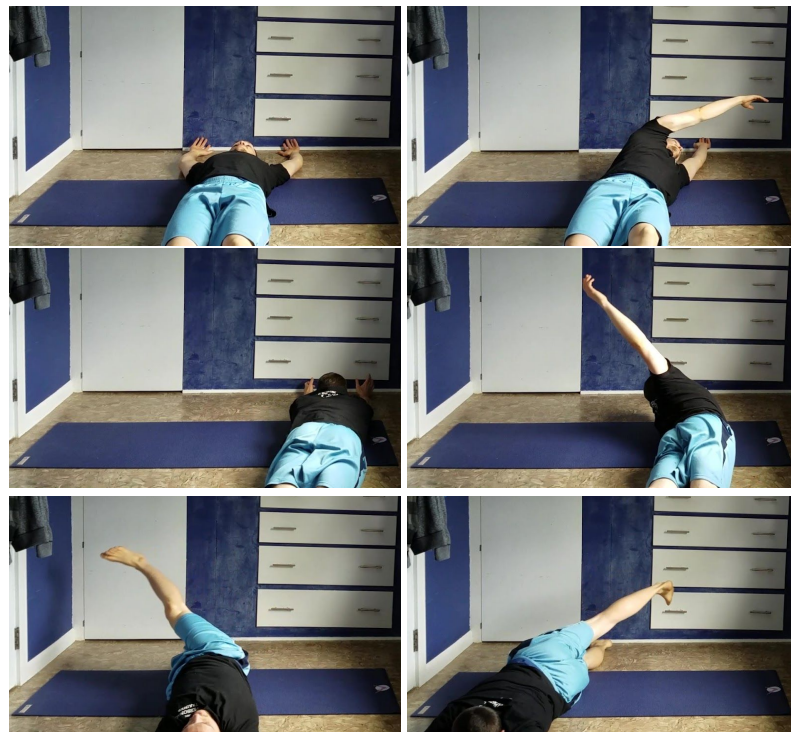
### **Happy Baby:**

Start on the ground, on your back. Keeping your pelvis on the ground, bring your feet off by tucking your knees up. Reach through your legs, and grab either the outside edge of your foot or your big toes. While keeping your pelvis down, gently spread your knees apart with your arms and pull downwards, while extending your legs so that the soles of your feet are facing the ceiling. Once you find a stretch in the hips and groin, hold for 10 breathes. If you want more of a stretch, try to further extend your legs.



### **Full body rollovers:**

Start on your back, with your arms and legs extended. Taking one arm, reach as far over to the side and up as you can until you roll that direction. Make sure to move slowly and under control. Then using the same arm, reach up and behind you, again moving under control, until you roll back to the starting position. Repeat this on the other side. Then, use your legs the same way. Focus on feeling how your bodyweight is shifting and try to stay relaxed. Do each rotation 2 times, making sure to calmly breathe throughout.



## **Cobra:**

Start by laying prone. Place your hands in front of you, so that your elbows are underneath your shoulders. Press your pelvis into the mat and slower lift your chest off of the mat, pushing through the ground. Think about bringing your chest forward, though only if you don't feel this in your low back. Extend your head as far upwards as possible. Hold in this position and breathe calmly for 5 breaths, trying to pull your ribcage down slightly with each exhale.



## **Active Frog:**

Start laying on your stomach, with your abs engaged, glutes squeezed, ribs pulled into the ground, and your head slightly off the ground. Put your arms in a comfortable resting position with your palms into the ground. Bring your knees out to the sides, and bring your feet together. You want to try to avoid arching the back too much here, so make sure you keep the abs squeezed hard. Inhale, then exhale and squeeze your feet together. Try to think about using your glutes to do this. Hold for 2-3 seconds. Repeat this 10 times.



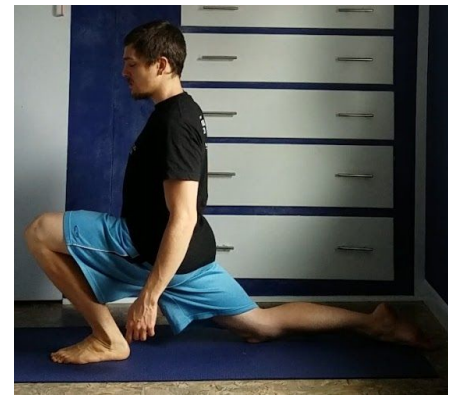
## **Fire Hydrants:**

Start in a tabletop position, with your shoulders over your hands, hips over your knees, and head pulled away from the ground. Shift your weight to one knee. Keeping your back stable, exhale as you move your other knee out as far as you can. Slowly bring it back down with an inhale. Repeat 10 times per side.



### **Lunge to Half Split:**

Start in a lunge position. Keep your abs engaged, with a slightly posterior pelvic tilt. Extending your head upwards, move your hips forward, driving your front knee over your foot as you exhale. Inhale back to your neutral lunge position, then exhale as you push your hips backwards while you maintain an arch to your low back. You should feel a stretch in your hamstring. The more you pull your toes back, the more of a stretch you should feel. Go back and forth between these two positions, 5 times per leg.



### **Big Arm Crosses:**

Start in a standing position, with your abs engaged and glutes squeezed. Move your arms to make the circles in front of your body, like making a venn diagram. Try to keep the ribs relaxed, and avoid shrugging your shoulders. Reach your hands as far away from your shoulders as possible throughout, alternating which arm is on top each time you circle. Do 10 per direction.



### **Neck Twists:**

Start in a standing position, with your abs engaged and glutes squeezed. Reach your arms out to the side, and pull them back slightly. Turn your head to point your nose towards your thumb with an exhale, Inhale back to neutral, then exhale as you twist to the other side. If you want more of a stretch, move your arms further back. Try not to have your ribs lift as you pull your arms back. Twist 5 times to each side.

