

Standing Wall Posture:

Stand against a wall. You want to have your heels, hips, mid back right below your shoulder blades, and head touching or as close to the wall as possible. Try not to force anything, so if you can't contact the wall just allow yourself to relax and try to gently move towards the wall. To make this more challenging, allow your head to fall forward until you feel your ribcage settle down, then slowly curl your head back up as you try to get your head back to the wall. Once you find a position where you feel a lot of stretch in various parts of your body, try to breathe calmly. Work on feeling an increased stretch at both the inhale and exhale. As you do this, try to gently expand your chest by moving your shoulders out and back. Do 10 breaths here.

Wall Arm Flexion:

Stand against a wall. You want to have your heels, hips, mid back right below your shoulder blades, and head touching or as close to the wall as possible. Focus on your mid back, really make sure that you can feel the contact there. If you need to move away from the wall to achieve that, do so. Keeping your head extended towards the ceiling, slowly bring your arms upward, keeping them parallel. Your thumbs should be pointing away from the wall. Move your arms as high as you can comfortably without losing contact with your mid back. Once you have achieved this point of stretch, hold and breathe deeply for 10 breaths. If your arms get tired, let them relax, and then move back into the position.

Palm Press Lean:

Start in good standing posture, with the knees unlocked, abs and glutes engaged. Push your hands together and bring your elbows close, though they don't have to be touching. Raise arms as high as possible while keeping your elbows close, then lean back slightly. In this position, breathe deeply, focusing on a hard exhale. Hold for 2 breath cycles then come out and repeat 5 times.



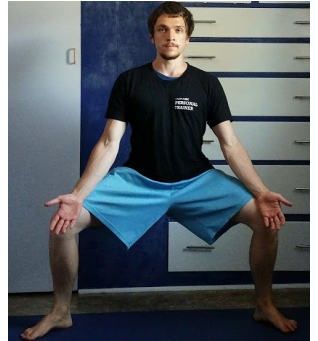
Curtsy Lunge Stretch:

Start in good standing posture, with the knees unlocked, abs and glutes engaged. You'll want to be close to a wall if you feel that you may need balance assistance. Take one leg and move it behind you and to the opposite side. Have a slight bend in your front leg. Pushing that back hip forward and to the side, lean away from it. Push your arm on that side upwards, so that your body makes a large C shape. Try to find a strong stretch in your hip and low back as you lean. Move in and out of this stretch, timing it to your breathing, 5 times per side.



Horse Stance:

Start in good standing posture, with the knees unlocked, abs and glutes engaged. Walk your feet out to approximately 3 feet apart, with your toes pointed outward at a 45 degree angle. As you squat down, you want to actively push the hips forward while pulling the knees back to maintain an upright and neutral spine position. Try to match your thighs to the line of your foot. Sink down until you feel a stretch in the groin. Hold for a breath cycle and then come back up. Repeat this 5 times. If you find that keeping your spine vertical is challenging, do this with your back a couple inches from a wall.



Standing Hamstring Stretch:

Start standing. Move one leg in front of you, putting your weight on your heel. Pull your toes back strongly and keep the knee locked. Your hands can either be on your hips to feel the motion, or reaching towards your feet. Make sure you don't overly round the upper back though if you're reaching. With an exhale, hinge at the hips to fold forward, pushing your hips backwards to try to maintain a curve in your low back. Inhale to come up. Repeat this 10 times per leg.



Hero squats:

Start from an upright kneeling position. Your knees and feet should be hip width, with the feet making a straight line back. You should be on the backs of your feet, and trying to gently press downwards. If you need a pillow for your knees, please use one. Focus on maintaining a strong core brace and glute tightness throughout. Keeping your torso vertical, inhale and squat down until you're on your feet. Then, squeezing the glutes, exhale and push back to upright. Do 10 of these. For more of a stretch, you can move your legs out past hip width, though make sure to keep them parallel.



Child's Pose Twists:

Get into a narrow child's pose with your knees at hip distance apart. Make sure your feet are parallel to each other and your heels aren't rolled out to the side. Put your elbows on the ground so they're touching your knees. Place one hand on your low back. With the other arm, drive into the ground as you exhale and rotate upwards. Look over your shoulder to guide that movement. Inhale as you come down. Repeat 10 times per side.



Butterfly arch presses:

Start in a butterfly position. If you cannot comfortably sit in a butterfly maintaining a slight arch, feel free to use your hands behind you to brace yourself upwards. Push your feet together slightly, making sure to use your big toes as well. Exhale and gently push your feet forward, maintaining contact between them until you feel your arches fire up or can no longer keep your feet together. Inhale as you bring them back to your start position. Do this 10 times.

