

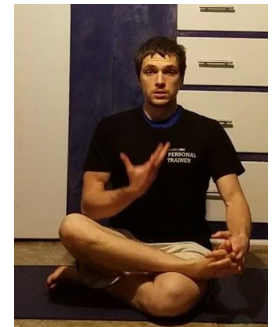
Diamond Pose:

Lay on your back, with your feet close to your hips. Bring your feet together, and allow your legs to open out to the sides, getting into a butterfly position. You can have your arms resting by your hips, or up in either a double 90 position or forming a diamond above you. On your inhales, gently squeeze the knees downwards, and on the exhales bring them up slightly. This should be fairly passive so don't exert a lot of force either direction. Take 10 slow breathes here.



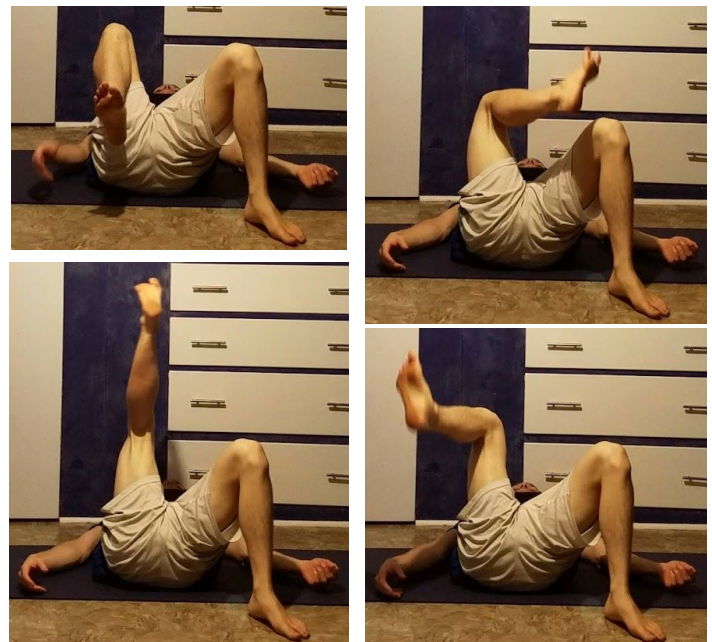
Finger Interlace Foot Warm up:

Find a comfortable seated position, either on the ground or on an elevated surface. Place one leg so that the foot and ankle are in the air, with the weight on the shin. This can be done by crossing your leg, grabbing your shin, or setting your shin on your foot if you're in a crossed position. Taking the fingers of your opposite hand, interlace them amongst your toes, as deeply as you can comfortably. Once you have done so, use your hand to make your foot go in circles. Try to spin the foot slightly as you do so. Do 10 circles each direction per foot.



Floating Knee Circles:

Lay on your back, with your feet close to your hips. Bring one leg off the ground, close to your chest, and move the other further out to the side. With the floating leg, draw as big of circles as you can with your heel. Go slowly, exhaling as you move upwards and inhaling as you move downwards. Do 5 circles each direction per leg.



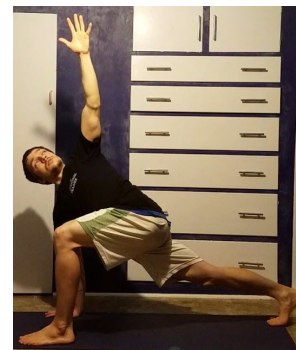
Hip slide shoulder stretch:

Start on the ground, in a tall seated position. Place your hands behind you with the thumbs pointed out. Pinch your shoulder blades together and really drive the shoulder backwards. Inhale, then exhale and slide your hips forward by putting weight into your hands and feet. Move forward only as far as you can maintain the shoulder blade positioning and an arch in the low back. Pause for 2 breath cycles, and on your next exhale, drive through the heels to come back to the starting position. Do this 5 times.



Lizard Lunge Arm circles:

Start in a tabletop position, with the shoulders over the hands and the hips over the knees. Gently push the ground away, keeping a slight chin tuck. Bring one leg forward so that it is in line with your hands. If you cannot comfortably do this, elevate your hands onto a taller, stable surface like a chair. Keeping your hips level, extend your other leg, driving through your heel until you either get full extension or feel a mild stretch in the front of your hip. Now with the hand opposite your extended leg, reach up to the ceiling as high as you can. Make small circles with this arm, keeping your extension upwards. 10 circles per direction, and then switch to the other side.



Hip Swings:

Start in a standing position. Put one hand against a wall. You will be swinging your leg, so make sure you have room in front and back so that you won't kick anything. The leg closest to the wall will be the one swinging. Think about bringing your leg forwards and backwards, trying to be fairly relaxed. You're not going for height here. With the other hand, synchronize your movements so that it swings with your leg. When you're swinging forward, reach that arm forward, and the same for back. Try to make sure you're keeping slight tension in the abs and glute on your standing leg. Swing 10-15 times per leg. If you're feeling comfortable with this, you can try it free standing. You have to then swing both arms to counterbalance, with the arm on the swinging leg side going opposite.



Forward fold:

Start in a standing position. Push your hips backwards and allow your torso to come towards the ground. Keep your head pushed away from your hips. You will reach a point where you feel intense hamstring tension. Once you do, relax your upper body and allow it to drape downwards. You can either let your arms hang or clasp your elbows. Either way, gently rock side to side while breathing calmly for 10 breaths. When you're ready to come up, take a deep breath, squeeze your glutes, and gently stand back up.



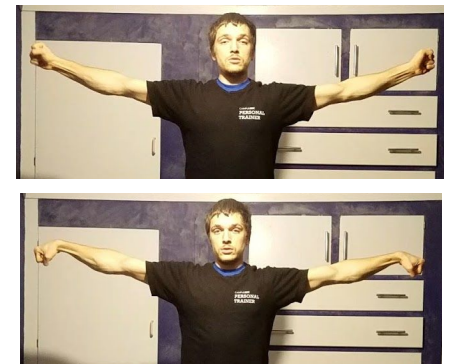
Torso circles:

Start in a slight spreadfoot squat stance. Extend your arms forward, and pretend you're holding a big ball. Gently start to move your arms in a big circle, and allow your rib cage to move along with you. Try to not move your hips too much. Gently breathe while you're doing this, and try to work on your range of motion by going behind you a little. Do 5 circles each direction.



Wrist Circles:

Start in a standing position. Extend your arms out to the side, and make fists. While maintaining a squeeze of your fist, make circles with your wrist. Try to make them as big as possible. Do 10 circles per direction.



Lateral Undulation:

Start in a standing position. Think about extending your head as far up as you can. Holding that extension, move your head towards one direction, bringing your ear down toward that shoulder. Allow your whole body to sway sideways with that motion. And then move to the other side. Try not to have your head rotate too much, you want to maintain facing forwards. You want to find a gentle, consistent rocking motion, feeling your weight shift slightly from foot to foot. Do this for 5 slow, deep breaths.

