

15 - 20 stretches



Release hips to the floor and press the hands firmly into thighs, hold for 15-20 seconds.



Alternate bringing one knee into chest, pausing at the top. Complete 20-30 on each side.



Place arms across chest, press the elbows to the ceiling. Lift up, pausing at the top for 5-10 seconds



Turn both knees to one side while turning the head in the opposite direction, creating a full spinal twist. Hold this for 5-10 seconds.

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