

Dr. E's Stretching While Your Tea Steeps



Child's Pose: Hold for 5 breaths



Cow Stretch: Then move into Cat Stretch (below) and alternate 5 times



Cat Stretch: Round the spine toward the ceiling and look down.



All fours. Extend opposite arm/leg. Hold 5 breaths & switch sides.

Imagine your raised arm & leg being pulled in opposite directions.



Forearm Plank. (Note: Do this instead of Plank in case of sore wrists)

Plank Wave Series: 1-2-3-4



1) Downward Dog Stretch



2) Plank: You can also let the knees come down.



3) Upward Dog

*Return to Down Dog. Wave through these 3 poses 5 times each, holding each position for 3 breaths at a time.



4) Once complete, rest in Sphinx for 5 breaths.



Locust Variation: Try to keep knees down; point toes together. Squeeze the knees together. Keep the neck straight.



Single knee to chest: Hold for 5 breaths and switch sides.



Draw both knees into chest: Hold for 5 breaths.



Release the soles of the feet to the floor.



Let the knees fall to one side; hold for 5 breaths and switch sides



Rest here for a few moments and breathe deeply.