

Yoga Stretches



Sit comfortably in a chair

pelvis (“sit bones”) touching the seat of the chair
feet on the floor or supported
back erect and as straight as possible; head up
eyes softly focused ahead
hands resting on your knees

Focus your mind on your breathing ... do this cycle for several breaths

- ॐ breathe in slowly and deeply through your nose (if comfortable)
- ॐ hold your breath a moment
- ॐ breathe out slowly through your nose (if comfortable)
or, if desired, ... say “om” softly throughout the entire exhalation
- ॐ notice the space of no breathing

Stretch your spine in 6 directions

- ~ stretch only as far as is comfortable for you ... no discomfort
- ~ **move very slowly ... as if through heavy air**
- ~ breathe in and out through your nose if comfortable

- ☯ inhale slowly and mindfully
- ☯ as you exhale, move slowly, beginning with the lowest vertebra
- ☯ stay in the position for a breath or two if desired
- ☯ inhale slowly and mindfully
- ☯ as you exhale, return slowly to the sitting position, beginning with the lowest vertebra

- 1) **flexion (bend forward) ... allow your head to be down and relaxed**
- 2) **extension (bend backward) ... raise your heart toward the sky**
- 3) **lateral flexion to the right ... slowly arch your left arm over your head**
- 4) **lateral flexion to the left ... slowly arch your right arm over your head**
- 5) **rotation to the right ... turn your shoulders, your head will follow**
- 6) **rotation to the left ... turn your shoulders, your head will follow**

Rest in a sitting position, breathing mindfully a few more times