

# Stretches

Stretching promotes flexibility, helps your joints maintain a healthy range of motion, and it also helps to lower the chances of joint and muscle strain. Find a comfortable spot on the floor to try each stretch for 30 seconds. Remember to breathe - take slow, relaxed breaths as you stretch.



**Downward facing dog** has many benefits. It elongates and releases tension from your spine, stretches hamstrings, calves, arches, and abdomen. It can relieve back pain, headaches, and insomnia. It can also help to calm the nervous system and alleviate stress.

**The Bridge** has many benefits. It will stretch your chest, neck, spine and hips while strengthening your back, buttocks, and hamstrings. It can also help improve the circulation of blood and alleviate stress.



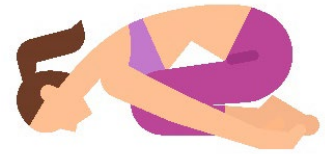
**The Malasana** has many benefits. It will stretch your thighs, groin, hips, ankles and torso. It will help tone your abdomen, improve function of your colon and help increase circulation and blood flow to your groin.

**The Low-Lunge** has many benefits. It is great for athletes or anyone who sits frequently helping to open up your thighs, groin and chest.



**The wall** stretch has many benefits. When you put your legs up, lymph and other fluids that can lead to swollen ankles and tired knees can flow into the lower belly helping to refresh your legs and reproductive areas.

**The Balasana** has many benefits. It gently stretches the hips, thighs, and ankles all while helping to calm your brain, relieving stress and fatigue. This can also relieve back and neck pain.



**Cat-Cow** has many benefits. It can help to improve your posture and balance strengthen while stretching the spine and neck. Increases coordination and creates emotional balance, relieves stress and calms the mind.

**Head to Toe** stretch has many benefits. It stretches your spine, shoulders and lower back. It can also to help relieve headaches and insomnia.



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