

1.02 Stretches

Hamstring Stretch

Start Position: Lie on your back.

Stretch Action: Bend both knees up. Slowly lift your right leg up in the air. Pull your right leg gently towards you using both hands. It is important that you keep both hips and your lower back on the floor. Hold this stretch for 10 – 30 seconds and inhale/exhale your breathing at a slow pace. Repeat this stretch 2 – 3 times on each side.

Special Notes: Stretch to the point of mild discomfort, but never to the point of pain. Do not bounce while stretching. Keep your hips on the mat. To reduce the intensity of this stretch, bend the knee of the stretching leg.

Butterfly Stretch

Start Position: Sit on the floor. Keep:

- back straight,
- shoulders relaxed,
- stomach muscles engaged,
- knees bent, and
- soles of feet in front of you.

Stretch Action: Pull your heels towards you while simultaneously relaxing your knees towards the floor. Hold this stretch for 10 – 30 seconds and inhale/exhale your breathing at a slow pace. Repeat this stretch 2 – 3 times.

Special Notes: Stretch to the point of mild discomfort, but never to the point of pain. Do not bounce while stretching. Do not push your thighs to the floor with your hands or elbows.

Side Stretch

Start Position: Sit on the floor, both knees bent. Lengthen your spine and place your fingertips on the floor at your sides.

Stretch Action: Lift your left arm up in line with the shoulder as you bend laterally towards the right side as if bringing your right shoulder towards your right hip. Hold this stretch for 30 seconds and inhale/exhale your breathing at a slow pace. Repeat this stretch 2 – 3 times on each side.

Special Notes: Stretch to the point of mild discomfort, but never to the point of pain. Do not bounce while stretching. Keep your head and neck in line with your spine, your shoulders relaxed, and your arms straight.