

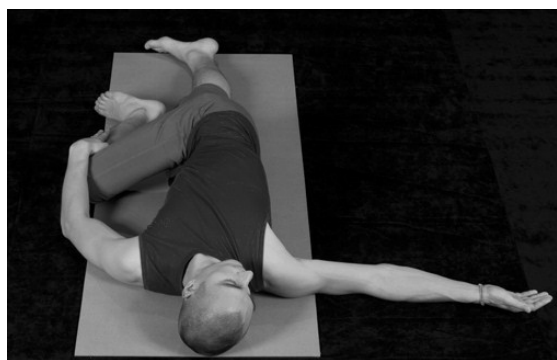
5 Beginner Stretches for Stress Relief

Interlace hands and reach them as high as you can above your head. Slowly exhale and lean to the right. Inhale as you stand back up. Slowly exhale to the left. Visit each side 5 times.



Place hands flat on a wall and allow your chest to sink down so it is parallel to the floor. Relax your head and neck. You should feel a slight pull in your upper back and the back of your legs. Stay here for 5 breaths.

Inhale, look up and drop your abdomen. Exhale, tuck your chin and round your spine drawing your belly button to the ceiling. Continue moving through the exercise by staying with your breath. Complete 5 breaths.



This is a good for your back, spine, and hips. If your knee cannot touch the ground, place a towel or other object below it to rest on. Turn your extended arm's palm up to face the ceiling for an additional stretch through your chest. Hold for 5 breaths and switch sides.

Begin by keeping your planted foot on the grounds, then progress to reach through to grab hold of that leg's thigh for a deeper stretch. Make sure your working leg's knee is continuing to open away from your head. Hold for 5 breaths and switch sides.

