



Bedtime Ritual / Early Morning Stretch

Use PDF in conjunction with video for complete instructions. ["brs" = Breaths "xs" = times]

USER ASSUMES ALL LIABILITY FOR USE OF THESE MATERIALS.

Supine Twist A, B & C



A: Stack knees, drop to right. Arms out to side. Gaze left.
B: Move arms to floor above, bending elbows.
C: Left hand holds right ankle. Right hand on top thigh.

5-10 brs each variation. Repeat side 2.

A. Blissful Baby B. Inner Thigh Stretch



A: Bend knees to chest, hold feet or ankles.
B: Release feet and straighten legs out to side, suspending legs in air. Keep low back flat. 5-10 brs per pose.

Supine Cobbler's Pose



CHRIS ANDRE

On back, bend knees and touch feet together. Relax entire hip. Blocks or pillows under thighs. Arms where ever comfortable. 5-10 brs.

A. Chest Opener + B. Hip Flexor Stretch



A. Place pillow, bolster or blanket under shoulder blades. Arms overhead or beside body.
B. Move pillow under buttocks, ensuring low back

feels good. 5-10 brs.

Wind Removing with Circles



YOGA

Circle ankles both directions. 3-5xs
Release shin, circle knee to rotate hip joint. Both directions. 3-5xs. Repeat

side 2.

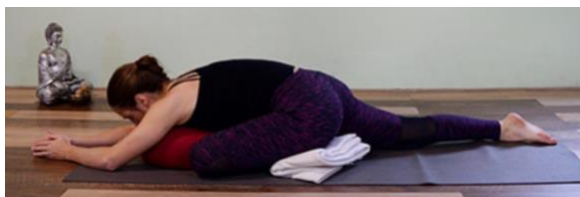
Seated Forward Fold



Seated on chair or bed, root feet, bend knees, slowly forward fold, elbows on thighs or hands on floor. To modify, feet and

knees stay together, resting elbows on thighs. Engage abdominals throughout. 5-10 brs.

Pigeon (prone variation)



Make sure joints feel good. Use blanket under buttock and rest head on floor or pillow. 5-10 brs. Repeat side 2.

Pigeon (supine variation)



Keep pelvis flat on floor. Relax shoulders and head on earth. 5-10 brs. Repeat side 2.