

SPINAL STRETCHING



1
Cat stretch – to warm up the spine. Repeat five times.
A Inhale: Look up and arch back, tilt tailbone towards ceiling.
B Exhale: Round back like an angry cat. Tuck chin to chest and turn tailbone down.



2
Child's pose – This is an excellent stretch for the low back and prevents low back pain. Drop hips back towards heels, resting on heels if possible. Relax arms to the side and forehead to the floor. Hold 5-10 breaths.
Dog pose – This posture stretches the spine, tones the arms, and stretches the hamstrings. Hold for up to five breaths, and then relax back into child's pose.
A From child's pose, reach arms out in front and push palms onto floor. Lift hips towards ceiling. Beginners will keep knees bent and heels off floor. Let head hang loose.



B More flexible people can straighten legs and reach heels towards floor.
3 Seated Twist – Twists work the spine and also tone the internal organs and promote healthy digestion. Straighten left leg in front of you. Cross right leg up and over left leg placing right foot to outside of left knee. Hug right knee with left arm, place right hand at base of spine.
Inhale: Lift up through the crown of the head
Exhale: Twist around to look over right shoulder. Repeat five times to the right then switch legs and repeat five times to the left.

