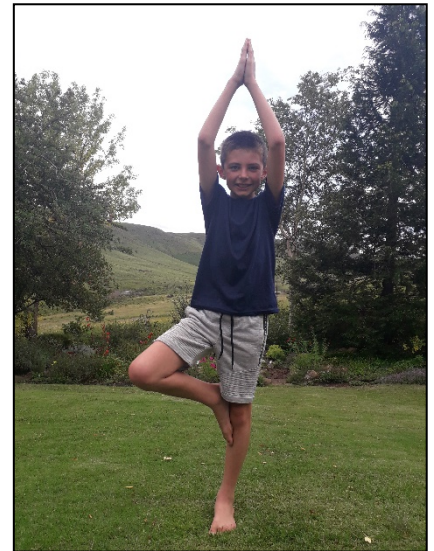


# MINDFUL MOVEMENT WITH GENTLE YOGA STRETCHING

## 1. MOUNTAIN POSE



## 2. FULL BODY EXTENSION

**Inhale arms up,  
exhale arms  
down. Repeat.  
Come back into  
mountain pose.**



## 3. SHOULDER ROLL



## 4. STANDING SIDE STRETCH

**Lengthening  
both sides of  
the torso.  
Feeling the  
stretch to  
your left and  
right side.**





**5. STANDING BALANCE**



**6. FORWARD FOLD**



**Bend  
knees,  
chest  
to  
knees  
for  
back  
safety**

**7. CHAIR POSE**



**8. BRIDGE POSE**





**9. CAT / COW POSE**



**Inhale and bring your head up and bellybutton to the floor. Exhale and curve your back bringing your head to your chest**

**10. ALTERNATE LEG AND ARM LIFT**



**11. CHILD'S POSE**

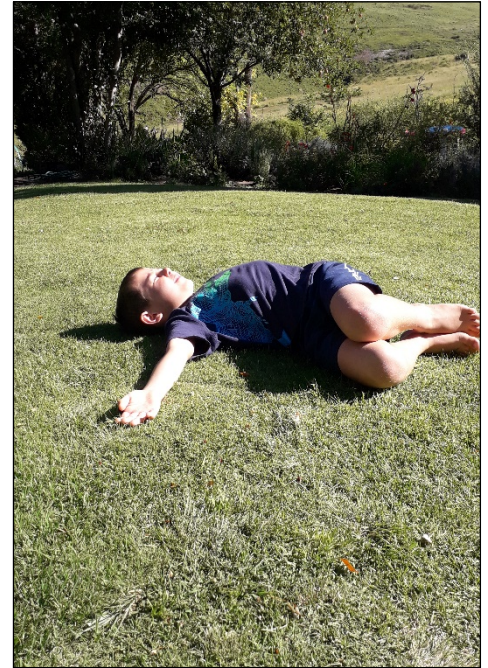




**12. KNEE TO CHEST**



**13. RECLINED TWIST**



**Use the  
breath  
when  
doing  
these  
stretches**

**14. BOTH KNEES TO CHEST**



**15. CORPSE POSE**

