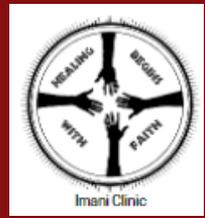


# Warm Up

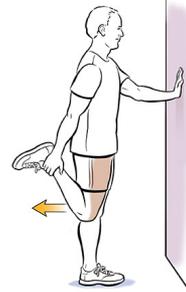


## Side Stretches



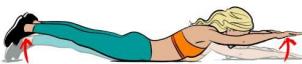
1. Start in a standing/sitting position.
2. Bring your arms over your head and bending at the waist, lean to the right and to the left.
3. Keep your abdominal muscles tight throughout the move.
4. Hold for one or two breaths on each side as you repeat.

## Standing Quad Stretch



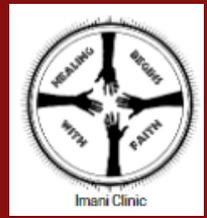
1. Straighten your shoulders and back, if needed hold onto a chair.
2. Keep your left leg straight & bend your right knee, bring your heel behind you and take hold of your foot or ankle.
3. Hold up this position for a few seconds or more.
4. Relax to the original position before repeating with your left leg.

## The Superperson



1. Lie face down on the floor with your arms and legs extended.
2. Raise your head, left arm and right leg slightly off the floor and hold for a few seconds.
3. Return to the original position and repeat with your right arm and left leg. Repeat for 5 to 10 reps for each side.

# Cool Down



## Seated Forward Bend



1. Start with your legs extended in front of you and lift your hands
2. Hinge your hips forward and extend your arms forward
3. Place hands on your leg or on the floor next to you and hold the pose for a minute

## Standing Forward Bend



1. Start in a standing position and slowly bend your hips forward
2. Slightly bend your knees, let your head fall forward, and extend your spine
3. Place your hands on the floor and hold position for 30 seconds

## Corpse Pose



1. Lie on your back with your arms along your body, palms facing up, feet slightly wider than hips
2. Relax your body, allowing it to fall towards the floor while breathing deeply
3. Hold position for about 5 minutes to release tension