Yoga Stretches

Sit comfortably in a chair
pelvis ("sit bones") touching the seat of the chair
feet on the floor or supported
back erect and as straight as possible; head up
eyes softly focused ahead
hands resting on your knees

Focus your mind on your breathing ... do this cycle for several breaths

☞ breathe in slowly and deeply through your nose (if comfortable)

☞ hold your breath a moment

☞ breathe out slowly through your nose (if comfortable)
  or, if desired, ... say "om" softly throughout the entire exhalation

☞ notice the space of no breathing

Stretch your spine in 6 directions

~ stretch only as far as is comfortable for you ... no discomfort
~ move very slowly ... as if through heavy air
~ breathe in and out through your nose if comfortable

☞ inhale slowly and mindfully
☞ as you exhale, move slowly, beginning with the lowest vertebra
☞ stay in the position for a breath or two if desired
☞ inhale slowly and mindfully
☞ as you exhale, return slowly to the sitting position, beginning
  with the lowest vertebra

1) flexion (bend forward) ... allow your head to be down and relaxed
2) extension (bend backward) ... raise your heart toward the sky
3) lateral flexion to the right ... slowly arch your left arm over your head
4) lateral flexion to the left ... slowly arch your right arm over your head
5) rotation to the right ... turn your shoulders, your head will follow
6) rotation to the left ... turn your shoulders, your head will follow

Rest in a sitting position, breathing mindfully a few more times