
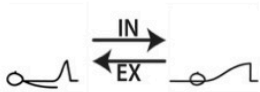
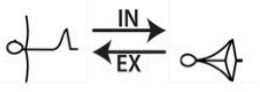
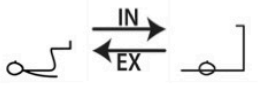



	<p>3-4 X</p> <p>To relax body and relieve back tension. Daytime stress reducer.</p>	<p>On exhale, release your low back and hips into the floor as you draw your knees gently to your chest. On inhale, use hands to draw knees away from chest. Don't force the movement.</p>
	<p>3 X; then repeat other side</p>	<p>Start with the right knee to the chest, left leg extended along the floor. On exhale, use your hands to draw the right thigh to the torso, pressing the left thigh to the floor, foot flexed. Feel the length from the crown of the head to the sole of the left foot. On inhale, release effort.</p>
	<p>3-4 X repeat; then stay up 1-2 breaths. Creates circulation and releases tension in back, neck and shoulders. Daytime stress reducer.</p>	<p>On inhale, lift hips, sweep arms up. On exhale, lower one vertebra at a time. After a few repetitions, stay up for 1-2 breaths. Roll down slowly.</p>
	<p>2-3 X Make the exhale as slow as possible. After a few reps, stay in open position and relax your back.</p>	<p>With knees bent, feet flat on the floor, inhale open knees, bring soles of the feet together. Exhale, bring legs back together.</p>
	<p>3-4 X Creates space throughout the spine. Can be done to release daytime stress.</p>	<p>On inhale, sweep arms overhead, stretch soles of feet to ceiling. On exhale, return to start.</p>
	<p>3 X each side, then stay 1-3 Breaths progressively releasing any holding. Repeat other side.</p>	<p>Draw your knees to your chest on inhale. On exhale draw your knees toward your right elbow, rolling your head gently left. Inhale, draw your knees to your chest and return to your back. Exhale take your knees to your left elbow, rolling your head gently right. CAUTION: Spinal twisting is contra-indicated for some conditions, such as herniated or bulging disks. If you are not sure or you experience pain while doing it, skip this one.</p>
	<p>2-3 X Repeat; Then stay 1-3 Breaths. Other side.</p>	<p>Start with one knee bent, the other straight (or bent with a rolled up towel under it). Inhale, sweep your arms up. Exhale, draw your belly in and stretch over the extended leg. Do not over-engage the shoulders.</p>
	<p>2-3 X Repeat; Then stay in the forward fold for 1-2 breaths. Other side.</p>	<p>Start sitting, legs extended or bent with rolled-up towel under the knees. On inhale, lengthen your spine, sweep the arms overhead. Exhale, draw your belly in and extend over your legs. Don't move from or stress the shoulders--They are just along for the ride.</p>