

Stretches for General Well-Being

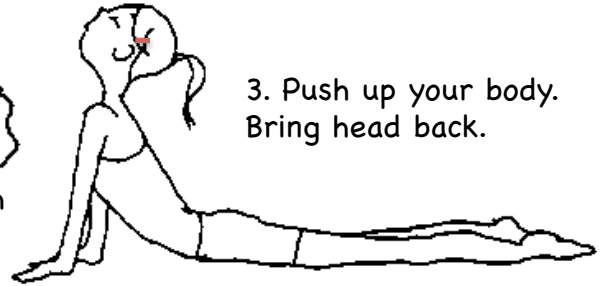
Breathe slowly and steadily throughout. Aim for comfortable stretches, and stop if you feel pain. Hold each stretches for 10 seconds, and repeat the other side.



1. Tilt your neck to left, right, forward, and backward. Rotate to left, then to right.



2. Reach forward with arms extended.



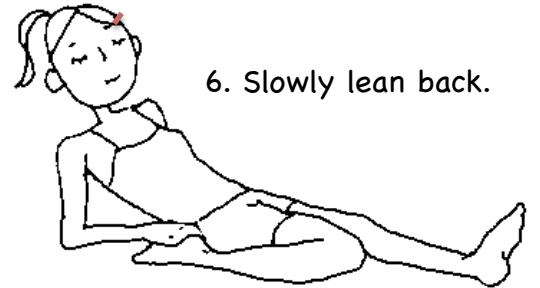
3. Push up your body. Bring head back.



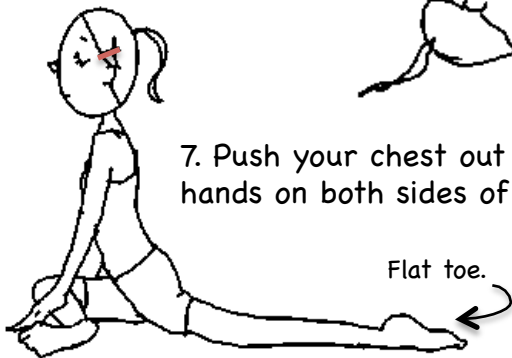
4. Lean forward with your back straight.



5. Lean toward extended leg. Bring chest closer to your thigh.



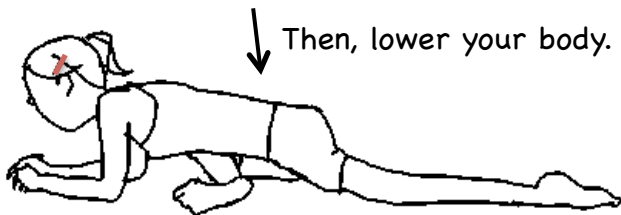
6. Slowly lean back.



7. Push your chest out with hands on both sides of your legs.



8. Cross one leg over the other and pull toward the floor with your hand. Extend the other arm and turn your head toward it.



10. Extend arms and legs. Hold for 5 seconds, then relax.

9. Pull your legs toward your chest.



Then, bring head up.

