

# 10 MINUTES - DAILY CHAIR STRETCHING

*Remember to inhale and exhale through your nose*

*One breath one movement*

*One set = 5 - 8 repetitions*

## NECK STRETCH:

- Sit up straight
- Plant your feet on the ground
- Place your right hand on top of your left ear and gently push down
- Do one set on each side

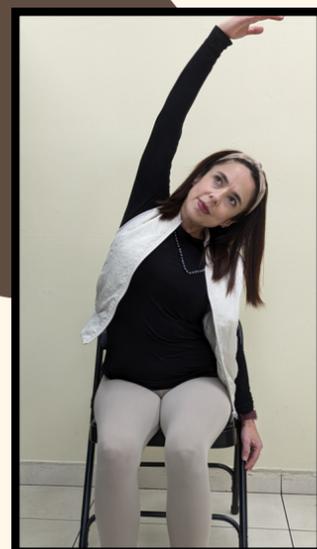


## COW - CAT STRETCHING:

- Sit up straight
- Plant your feet on the ground
- Rest your hands on your knees
- Inhale push your torso forward and open your chest
- Exhale rounding your back like a cat

## SIDE BODY STRETCH:

- Sit up straight
- Plant your feet on the ground
- Inhale an arm up, pointing finger to the sky
- Exhale stretching the arm towards the opposite side
- One set on each side

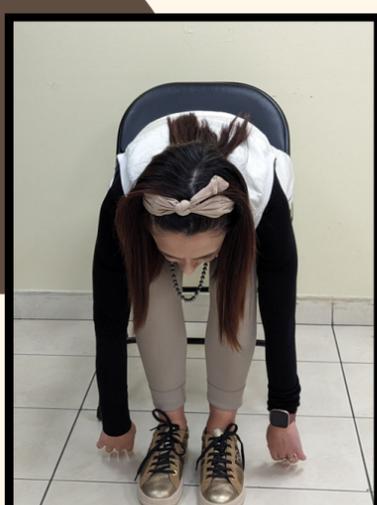


## HIP OPENER:

- Sit up straight
- Open your knee to the side, and guide it back to center
- One set on each side

## KNEE UP:

- Sit up straight
- Place both hands underneath the knee
- Bring your knee towards your chest
- One set on each side



## FORWARD FALL:

- Sit up straight and inhale
- Exhale bend forward
- Relax arms down

## TWIST:

- Sit up straight
- Hold the back of the chair with your right hand while bringing the left hand to the outside of your right knee
- Look back and twist your torso
- Return to center

