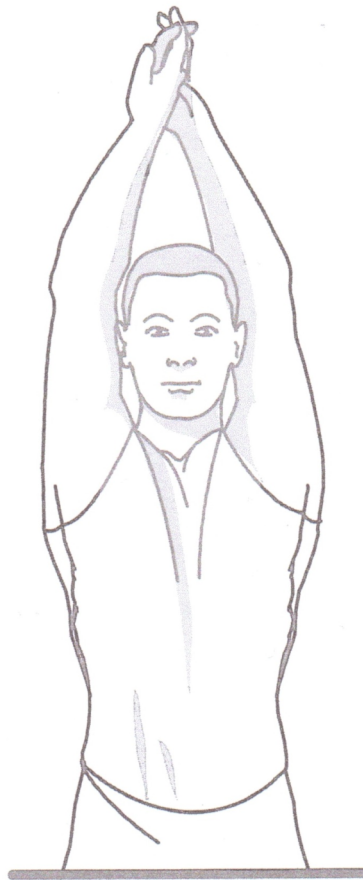


Stretches

Start with these physical stretches.

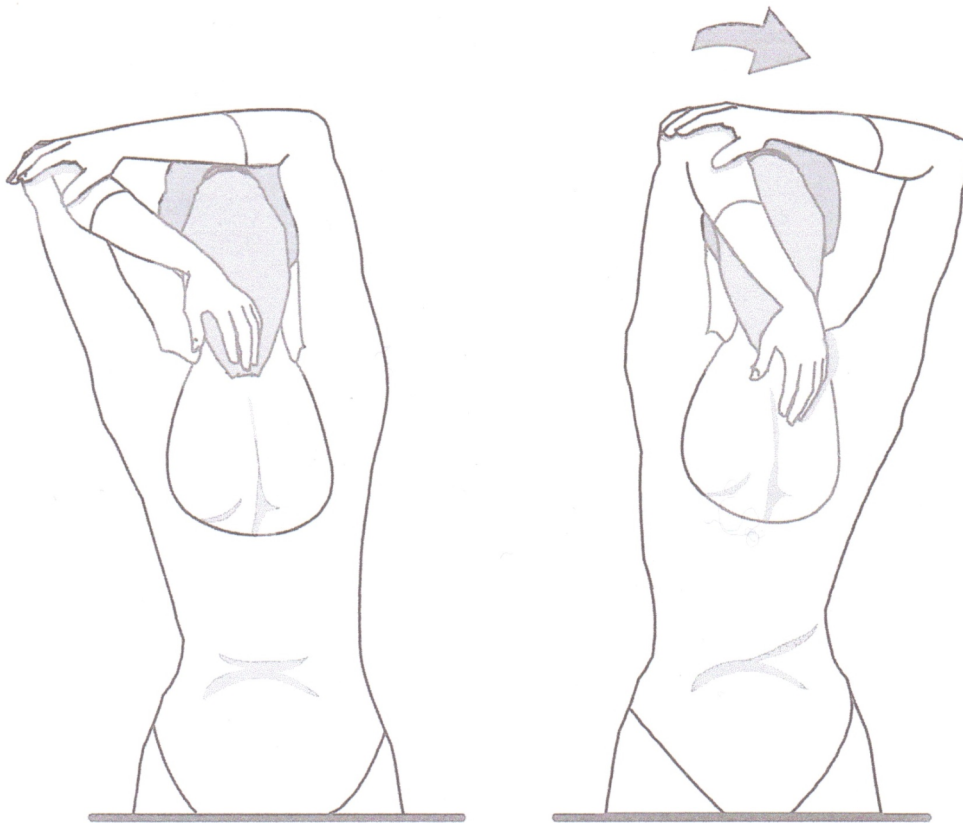
Stretch 1. Spine Stretch

1. Reach both arms above your head, with hands crossed and palms touching.
2. Inhale, slowly pushing your hands upward, then backward, keeping your back straight.
3. Exhale and relax from the stretch before you repeat.



Stretch 2. Shoulder Stretch

1. Raise one arm above your head, and bend your elbow so that your fingers point down your spine.
2. Use your other hand to grasp your elbow above your head.
3. Exhale slowly, pulling gently down on your elbow, aiming your fingers down your spine.
4. Repeat on the other side.



Stretch 3. Shoulder Rolls

1. Stand upright with your hands by your sides.
2. Lift your shoulders so that they are up by your ears.
3. Rotate them forward.
4. Continue rotation downward.
5. Move up and back in a smooth, continuous motion, and then return to rest position.

