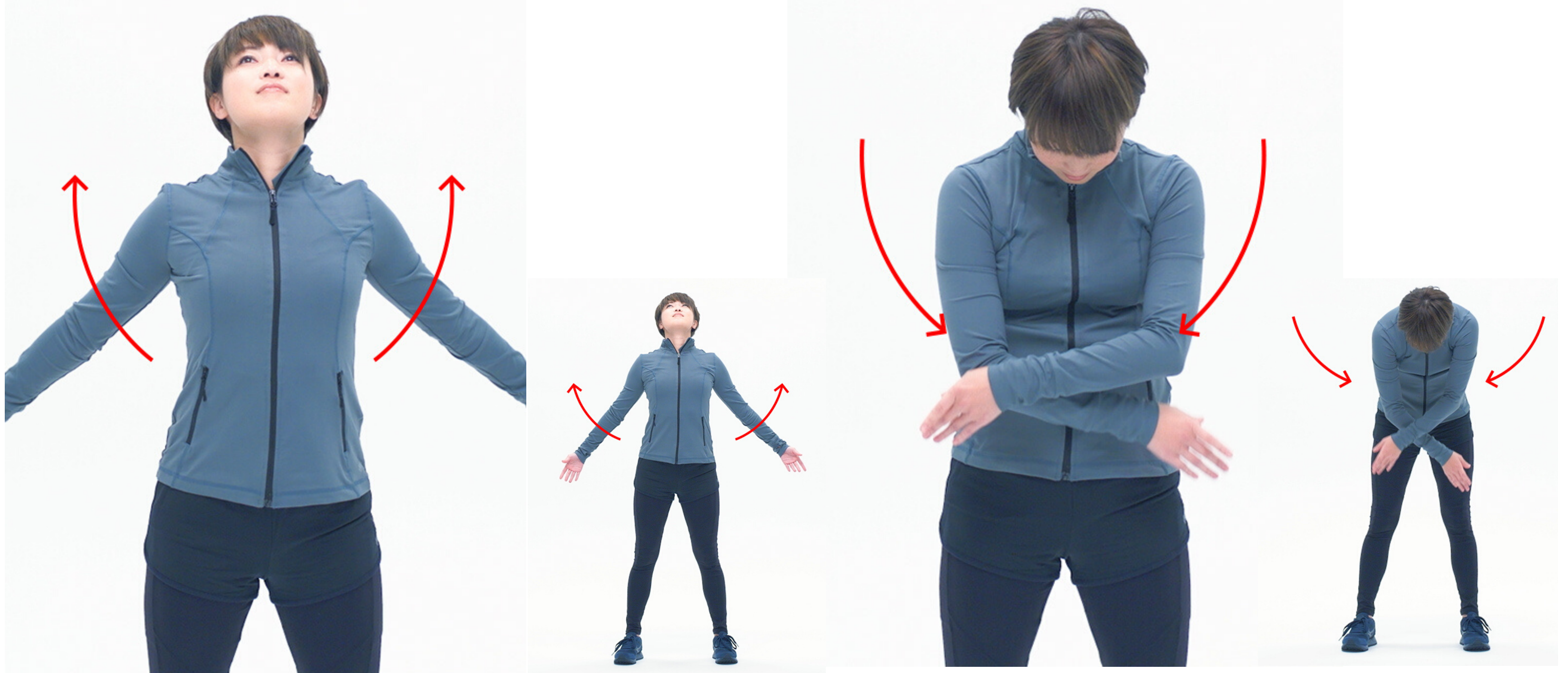


Stretching Through Breath

Repeat Each 8 - 10 Times

Bring shoulders & arms back
Inhale slowly & deeply through nose

Exhale slowly through nose while
relaxing your arms, letting them dangle



Stand with legs wide apart, knees bent & feet parallel, spine straight. Raise arms to chest level, bending them at the elbows, allowing index fingers & thumbs to touch, forming a triangle. Move hands away from you slightly, so arms form a circle. **Inhale and move your arms and upper torso to the left/right**, allowing your head & eyes to follow. Pause when you've turned as far as you can. **Exhale while returning to the center.**

Stand with feet shoulder-width apart. Make fists & raise your arms, bringing your elbows in front of your face at ninety-degree angles. **Inhale as you open arms to the sides as far as you can.** Feel your chest expand. Hold for several seconds. **Exhale and return to the original posture.**

