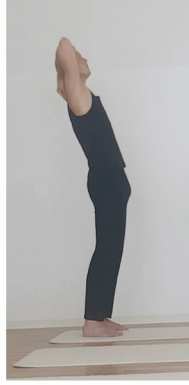


## Upper Body



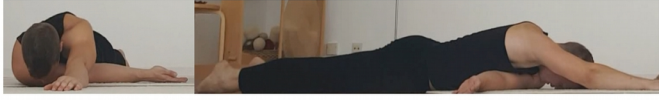
**1: Shoulder Backbend**



**2: Spine Backbend**



**3: Rear Hand Clasp**

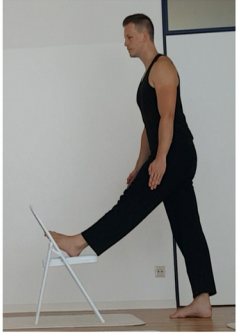


**4: Lying Cross**



**5: Wrist-Biceps Stretch**

## Lower Body



**6: One-Leg Pike**



**7: Kneeling Lunge**



**8: Pancake**



**9: Butterfly**



**10: Calf Stretch**

## Form Cues

**Hold each stretch for 10, then 20, then 30 seconds.**

**10 bumping movements in between the holds.**

**Always tense your butt and keep a straight bodyline.**

**You shouldn't feel pain during the stretches. Discomfort is okay.**

**Progress deeper into the stretches over time.**

**Don't forget to breathe!**

**Enjoy!**