

## Do-anywhere stretching exercises

These exercises take only a few moments, and can help melt away mental and muscle tension. For exercises in your chair, sit up straight, pelvis in neutral position, and feet flat on the floor.

**Rag-Doll Dangle:** Stand or sit, legs apart, and bend at the waist. Shake your arms and hands loosely. Let your head hang and sway. Slowly straighten, one vertebrae at a time.

**Head Roll:** Drop your chin to your chest. Rotate your head to the right and turn your chin to your shoulder. Repeat in the opposite direction.

**Head Tilt:** Keeping the shoulders down, tilt the left ear to the left shoulder. Place your left hand on the right side of the head and allow the weight to pull your head GENTLY to the side. Extend your right arm down and flex your right hand. Hold for 10. Repeat on the opposite side.

**Head Nod:** Let your head fall forward so your chin almost touches your chest. Link your hands and place them at the back of your head. Apply GENTLE pressure.

**Head Lift:** Curl your fingers around the sides of your neck, fingers meeting in the back. Lift straight upward and forward as though you were trying to lift your head off your shoulders. Turn your head slightly from right to left while you continue to lift.

**Full Body:** Extend your right arm straight up and reach as high as you can. Spread your fingers. Feel your right side stretching. Lower the arms and repeat with your left arm.

**The Butterfly:** Lace your fingers around the back of your head. Wing your arms wide and hold in place. Slowly bend forward until your chin is close to your chest. Hold. Come up slowly.

**Pelvis Tilt:** Tilt your pelvis forward so your lower back rounds, and then tip your pelvis backward so your lower back arches and your belly protrudes a little. Keep your neck, shoulders and stomach relaxed. Repeat several times slowly.

**Basic Twist:** Sit up straight on the edge of the chair. Slowly twist to the right side, turning your head in the same direction while keeping your shoulders relaxed. Observe how other muscles besides the twisting muscles near the spine jump into action. The right shoulder may rise up toward the ear or move backward. Relax more each time. Do the other side.

**Basic Twist with Variation:** Do the same slow twist to the right while turning the head to the left. This is impossible to do with hunched shoulders. An excessive arch in the lower back will also make it a struggle. Sit tall yet relaxed. Observe how muscles around the shoulders and chest may want to force the motion. Try to resist this, and activate only the twisting muscles.