

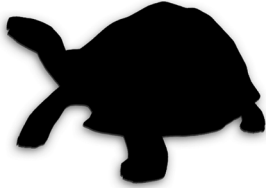


Cat Stretch



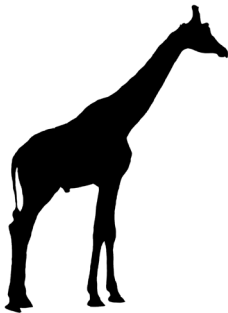
Get on your hands and knees and arch your back like a cat as you breathe in slowly.

Tortoise Stretch



Curl into a ball, resting on your knees. Stretch your arms backwards towards your feet.

Giraffe Stretch



Stand with your legs apart, stretching one arm up diagonally as you lean to one side.

Flamingo Stretch



Stand with your arms bent behind you, balancing on one leg. You can rest your toe on the ground if you need to regain your balance.

Butterfly Stretch



Sit up with your knees bent and the soles of your feet touching. Taking a deep breath in, use your elbows to put gentle pressure on your knees.

Cobra Stretch



Lie on your front, then push the top half of your body upwards, breathing in slowly.