

~ SEATED STRETCH & RELAX ~
Take 10 to MoveMor™

Hold for 15-30 seconds and breathe naturally

Hips	Place ankle over knee, inhale and exhale as leaning forward from hips, flat back. <i>Option: ankle rolls can be done with lower leg crossed over opposite knee.</i>
Hamstrings	Scoot forward on stable chair, extend one leg, inhale, then exhale leaning forward with good posture/flat back.
Ankles	With one leg extended, roll, point and flex ankle. Repeat on other side.
Hip Flexors & Quadriceps	Sit sideways on the edge of the stable chair. Extend one leg backwards, tucking the buttocks under hips. Repeat on the other side.
Breathe Deeply	Inhale bringing arms up overhead, palms together; Exhale bringing prayer hands to heart center. Inhale open arms out to a "T" position with chest open and heart to the heavens; Exhale bringing prayer hands to heart center. Repeat 2-3 X.
Self Love	Inhale arms to a "T" position; exhale bringing right arm to left shoulder, left arm to right shoulder. Twist slowly to the left and right, giving yourself a big hug! Congratulations! You did it! Great job!