

Yawn & Stretch




Mountain (tadasana)

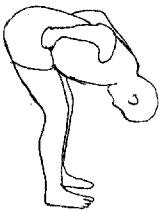


4 Way Stretch, Version A


Home
 Feet parallel, a shoulder's width apart.
 Hand on hips, thumbs on back;




Forward
 Bend knees;
 Drop head;
 Back of neck long
 Gaze down.




Reach Right
 Upper elbow toward ceiling;
 Bottom elbow toward knee (opposition);
 Gaze forward.



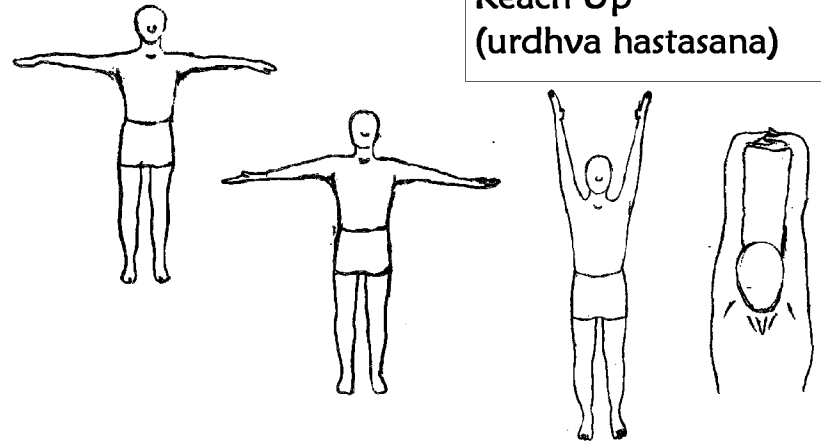
Back
 Reach Up, as if someone is pulling up on your ears;
 Shoulders stay down;
 Gaze up.



Reach Left
 Upper elbow toward ceiling;
 Bottom elbow toward knee (opposition);
 Gaze forward.




Reach Up (urdhva hastasana)




4 Way Stretch, Version B


Home
 Feet parallel, a shoulder's width apart.
 Hand clasped above;
 Gaze at thumbs




Forward
 Hands clasped behind, palms touching
 Bend knees;
 Drop head;
 Bring arms off back;
 Gaze down.



Reach Right
 Reach arms up and over;
 Gaze forwards;
 No twist or rotation (pure side bend).



Back
 Reach Up, as if someone is pulling up on your arms;
 Shoulders stay down;
 Gaze at thumbs.



Reach Left
 Reach arms up and over;
 Gaze forward;
 No twist or rotation (pure side bend).

