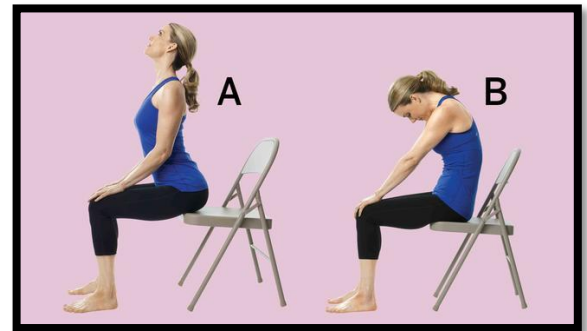
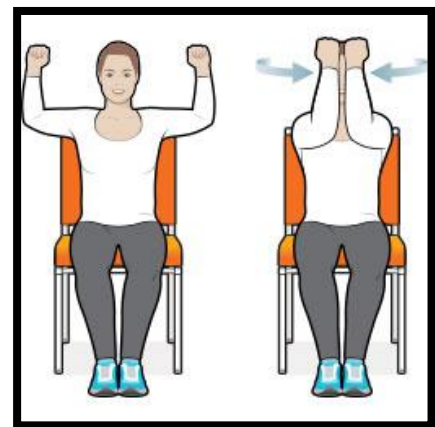


## 10 Minute Relaxation Workout

**Cow/Cat** – Sit up straight, feet hip width apart. Inhale: press shoulders up & back, press spine forward. Exhale: round shoulders forward, slide hands to knees, & press spine backward. Repeat 10 times.



**Cactus** – Sit up straight, feet hip width apart. Inhale: open arms out to “goal post” position. Exhale: close arms “like a book”. Repeat 10 times.



### **Seated Hamstring**

**Stretch** – Sit at front of chair with right leg straight, heel on the floor. Keeping back straight, inhale arms up toward ceiling. Exhale arms down & reach toward toes. Repeat other side.



**Gentle Twist** – Sit up straight, feet hip width apart. Inhale: reach left hand to hold the left side of the chair. Exhale: reach right hand to hold the outside left thigh. Sit up tall. Breathe several times. Relax back to center. Repeat other side.