



STRETCH

BREAK

Lower Body

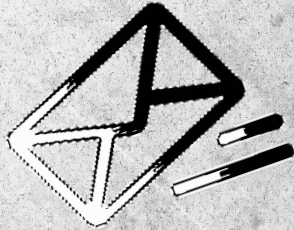


Please take this
time to
WARM UP
before
stretching





Exit



Silence



WARM UP



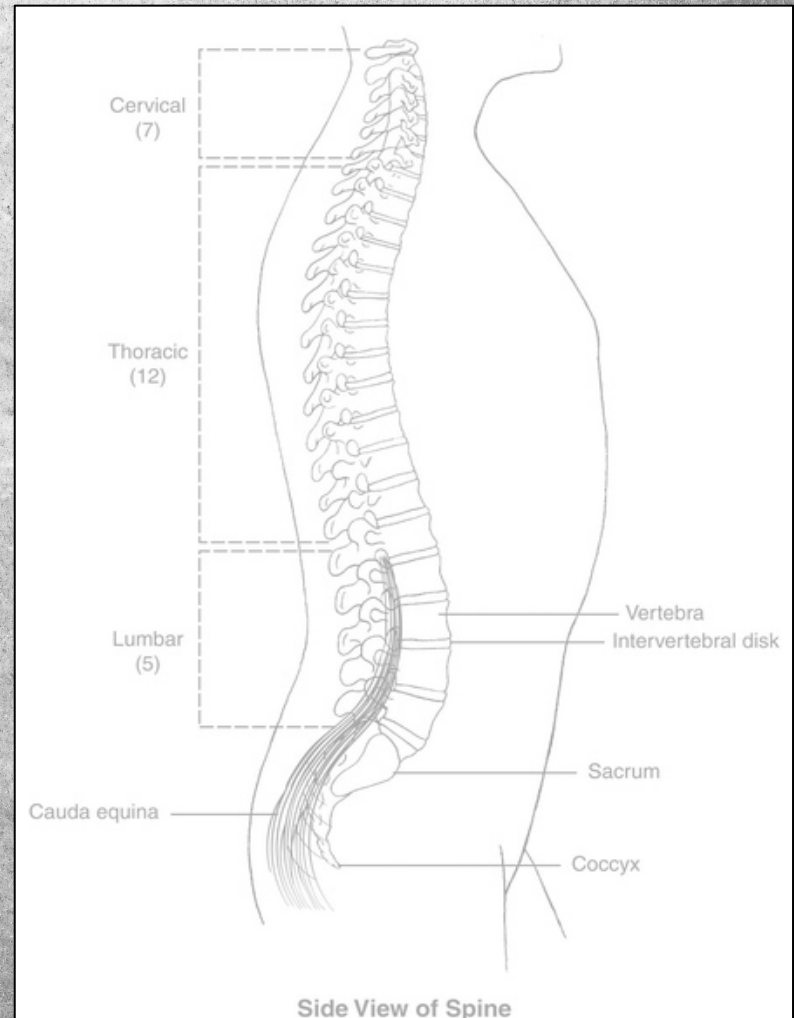
✓ SAFETY

- **Smooth** movement
- **Avoid** “locking” joints
- **Safe** and **comfortable**



✓ POSTURE

- **Spine** lengthened
- **Head** lifted
- **Shoulders** relaxed
- **Abdomen** engaged
- **Feet** pressed down

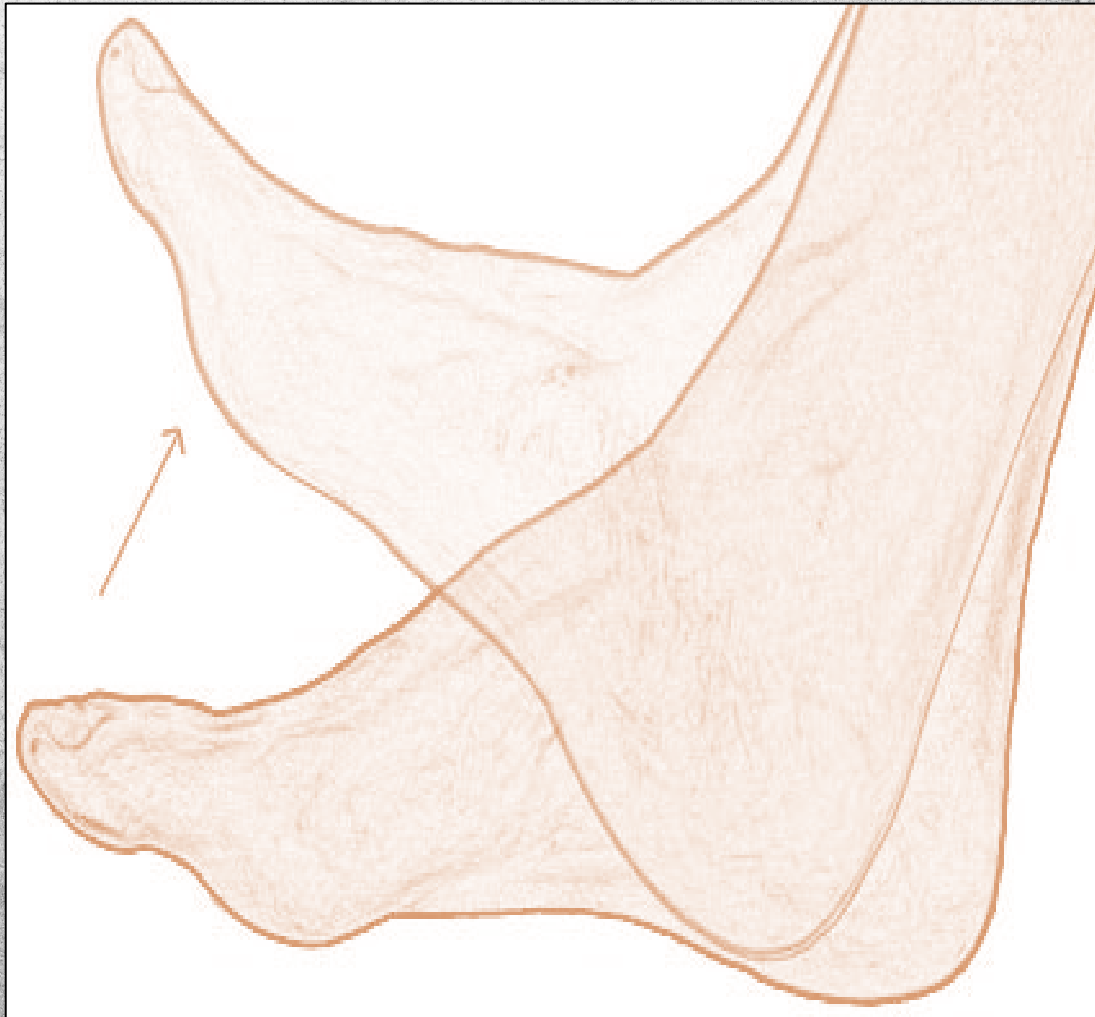


Breathe!

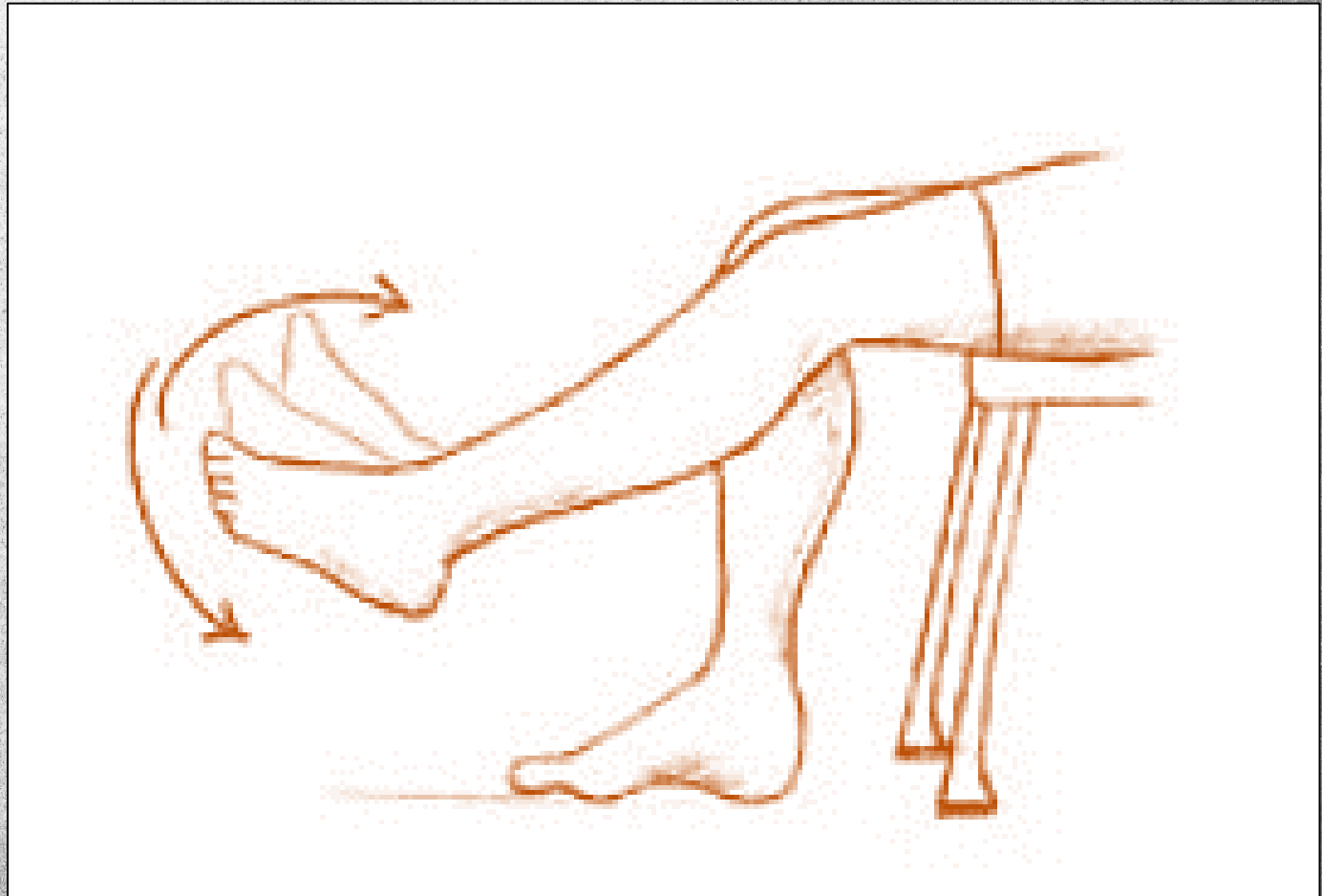
Wiggle Your Toes!



Ankle Stretch



Foot and Ankle Stretch



Heel Toe Lifts



Hamstring Stretch



Back



Lower Back



Seated Figure Four



Seated Figure Four



Spinal Twist



Spinal Twist



Contact:

 MEIwellness@millenniumenterprises.net