Science of Stretching ™

Practice daily, one (or more) day's worth of postures.
Best if done first thing in the morning or just before bed.
Breathe in through the nose deeply, out through the mouth.

Relax completely into the poses.
Use a timer or count your breaths.

Day 1
Hamstrings

Rag Doll

Flamenco

Day 2
Hips

The Blaster

Butterfly

Day 3
Shoulders

Hangman

Pretzel Arms

Wide Dog

Day 4
Back

Lightning Bolt

Noodle

Shoulder Pow

Day 5
Wrists, Twists, Ankles

Reverse Dog

Twister

Pins 'n Needles

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