



# Simple Yoga Breathing & Stretching

## BREATHING

- Sit up straight, feet flat on floor
- Inhale through your nose to a mental count of four seconds
- Hold for seven seconds
- Exhale through your nose to a mental count of eight seconds
- Complete this cycle three times

## SIDE STRETCH

- Sit up straight, feet flat on floor
- On the inhale, raise your right arm and stretch it over your head to the left
- Support yourself with your left hand on the chair
- Hold for 20 seconds, continuing to inhale and exhale
- Exhale to release and switch sides

## COW/CAT

- Sit up straight, feet flat on floor
- Place hands on your knees
- Inhale, and press chest forward and lean head back and look up to the ceiling/sky (Cow)
- Exhale and curve your back and lower your chin to your chest (Cat)
- Repeat cycle four times

## TWIST

- Sit up straight, feet flat on floor
- Place left hand on the outside of your right knee
- Place right hand on your lower back or behind you on your chair
- Inhale and sit up, exhale and twist to the right
- Place right hand on the outside of your left knee
- Place your left hand on your lower back or behind your on your chair
- Inhale and sit up, exhale and twist to the left

## HIP STRETCH

- Sit up straight, feet flat on floor
- Place your right ankle on your left knee
- Inhale and sit up straight
- Exhale and lean forward
- Hold for 20 seconds continuing to breath
- Exhale and release
- Switch sides

## HEEL/TOE RAISES

- Sit up straight, feet flat on floor
- Inhale and lift your heels, hold for 5 seconds
- Exhale, lower your heels and lift your toes, hold for 5 seconds
- Repeat 10 times