

## Daily Stretches

### 1. Spine stretch

1. Interlock both hands
2. on an exhalation stretching the interlocked hands over your head
3. On an exhalation tilting sideways (on both sides) in interlocked hands position
4. Coming back to the center and opening hands sideways, on an exhalation.

### Neck Stretch

1. Drop the neck on one side
2. Hold neck with your hand (same side as the neck)
3. Do this stretch for both sides

### Tricep Stretch

1. Stand straight up with your legs shoulder width apart
2. bend your right arm at the elbow and touch the top of your shoulder blade with  
with
3. your fingers
4. Reach over the top of your head with your left arm and grasp your right elbow
5. Gently pull with your left arm to increase the tension on the tricep muscle
6. Hold for 20-30 seconds
7. Repeat on your other arm

### Quadriceps Stretch

1. Stand up straight.
2. You may choose to hold onto a chair (with one hand) for additional support.
3. Place feet hip distance apart.
4. Make sure toes are pointing forward.
5. Keep shoulders even as you complete this stretch.
6. Hold abdominal muscles in tightly for additional support.
7. Bend **right** leg at knee.
8. Grasp **right** foot behind you, with **right** hand
9. Position both knees next to each other.
10. Push hips forward.
11. Feel the stretch in right quadricep.
12. **Inhale** (breathe in) through your nose, and **exhale** (breathe out) through your mouth, as you complete this stretch.
13. Hold this stretch for 30 seconds.



### **Calf Stretch**

1. Stand about an arm's-length from the wall.
2. Lean forward and place both hands on the wall about shoulder width apart.
3. Extend one foot (the side to be stretched) behind you with heel on the ground and one foot closer to the wall.
4. Lean into wall with your hips until you feel a stretch in the calf of the extended leg.
5. Hold this stretch for about 30 seconds and change sides.
6. For a deeper stretch, move your foot farther back.

### **Chest Stretch**

1. Stand up straight, with knees slightly bent.
2. Place feet hip distance apart.
3. Make sure toes are pointing forward.
4. Keep shoulders even as you complete this stretch.
5. Place arms behind your back.
6. Clasp your hands together, extending your arms behind your back and hold this position.
7. Feel the stretch in your chest.
8. **Inhale** (breathe in) through your nose, and **exhale** (breathe out) through your mouth, as you complete this stretch.
9. Hold stretch for 30 seconds.

Good Luck!

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Zen for You