
COOL DOWN STRETCH

Hold positions for 15 - 30 seconds, maintaining breath and releasing tension

Seated Straddle Side Reach

- > Turn to one side for Forward Fold
- > Bend knees into Mermaid (w/ forward fold)
- > Pigeon (can make active but stay relaxed)
- > Achilles Stretch
- > Lateral Kneeling Adductor
- > Reclined Hurdle
- > Back into Straddle

Repeat on other side

Kneeling Arch Stretch

Bent Knee Forward Fold - Pedal Feet - Hang - Sway - Roll Up - Reach Back - Relax!
