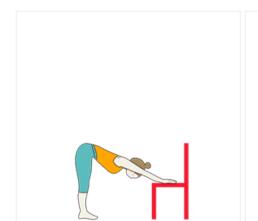


1/2 hour Stretch-Out to feel amazing

Gillian Lazenby geniuswellbeing.com.au 0425 860 170

Home practice during lockdown for email subscribers to Genius Wellbeing Yoga & Pilates



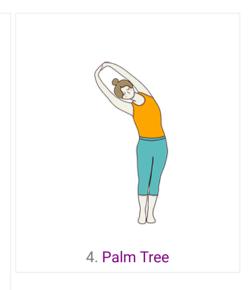
1. Dog Pose Bend elbows and rest forearms on the couch



2. Hand
Cross forearms and rest them
on the couch, rest head on arms
or let it hang lower. Soft neck.



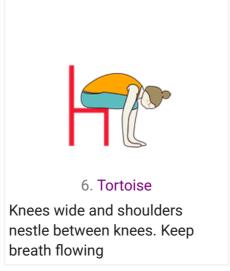
3. Mountain with Backbend Reach for the sky and bend gently back

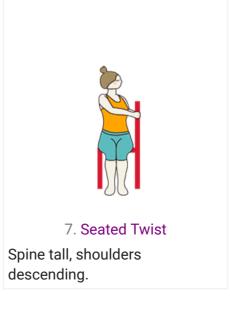


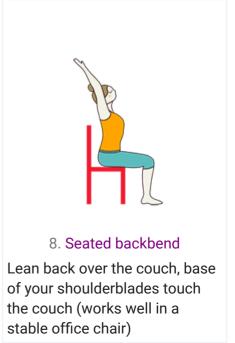


elbows towards each other

behind your head









9. Pecs stretch

We did this sitting on a cushion in front of the couch. Can be done anytime during couchtime.



10. Wide forward Bend Keep feet active, flexed, and let lower back lift and lengthen.



11. Big Toe Pose Variation
The bent leg can rest on the couch.



12. Relaxation

Put the timer on for 6-8 mins. Whole body grounded and resting.