13 STEPS FOR STRETCHES

RECOMMENDATIONS BY YEH'S ART OF HEALING

FUNDAMENTALS:

Complete these stretches 15 - 20 minutes before bedtime.
Stretch to strengthen and align your muscles.
Relax to reduce cortisol hormone and sympathetic nervous system.
Breathe to bring about mindfulness.
Good sleep gives your brain more power to work better the next day.



1 Stretch your adductors by pulling your right knee to the side of your hip. Hold between 15 sec - 60 sec.



2 Pull your knee up toward your chest and hold with both arms. Remember to breathe while stretching.



3 Extend your right leg and grip the back of your thigh to stretch the hamstrings.

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4 Cross your right leg over the left and bend both knees. Use your left knee to push your right foot up



5 Keep your right ankle on top of your left knee and grip under your left knee.



6 From step five, lay your left foot down and then allow both legs to fall to the right side.



7 Straighten out your legs and bend the right knee. Repeat steps 1 - 7 on the other side.



8 Bend both knees towards the chest and rock side to side.



9 Straighten out one leg at a time while holding down the other knee.



9 Alternate each leg.



10 Grab both legs under the knee and rotate your ankles.



11 Grip both feet with your hands and pull your legs to the side of your chest.



12 Place both feet on the ground while keeping your knees bent. Lay both knees to one side.



12 Then alternate and place both knees to the other side. Repeat at your comfort level.



13 Place both feet on the ground and lay each knee to either side.