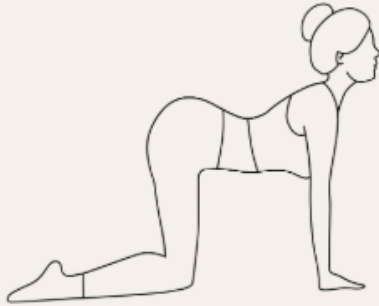
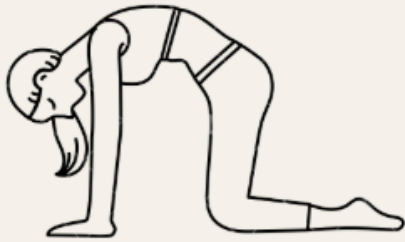


# LEONIE MAY - HOME STRETCHES



## Cat - Cow

REPEAT 5-10 TIMES

- Start in a tabletop position. Get on your hands and knees, with your hands directly under your shoulders and your knees under your hips.
- Move into cow pose (inhale). As you inhale, drop your belly towards the floor, arch your back, lift your chest and tailbone, and gaze slightly upward.
- Move into cat pose (exhale). As you exhale, round your spine towards the ceiling, tuck your chin to your chest, and draw your belly button towards your spine.

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## Open Book

REPEAT 3 - 5 TIMES

- Lay on your side with your knees slightly bent.
- Start with your arms out in front of you.
- Slowly separate your hands and "Open" like a book.
- Think about rotating through your spine, rather than getting all of the movement from your shoulder.

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## Thread the Needle

REPEAT 5-10 TIMES

- Start in a tabletop position on your hands and knees. Your hands should be directly beneath your shoulders or a few inches in front of them, and your knees underneath your hips.
- Inhale and reach your right hand toward the ceiling, rotating your chest open to the right. Try to keep your hips square.
- Exhale and thread your right hand between your left arm and left leg, underneath your left armpit, with your right palm facing up. Slowly lowering your right shoulder and the side of your head to the floor, rotating your chest to the left.

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