



**Dr. Angela DaGrosa**

*Ayurveda Doctor*  
661 Maplewood Drive  
Suite #19  
Jupiter, FL 33458  
561-301-6442

[Angela@brightpathayurveda.com](mailto:Angela@brightpathayurveda.com)

### **Stretching:**

- Will only be performed after warming up
- Stretch slowly and gently to the point of mild tension and never pain
- Avoid bouncing and hold the position 10-30 seconds (static stretch)
- Breathe deeply
- Always use good posture when stretching; focus on the muscle being stretched

### **Benefits**

- Prevents injury
- Reduces stress and tension
- Relieves muscle soreness and low back pain
- Improves posture
- Lengthens tendons and muscles
- Increases range of motion

These exercises are designed to safely and effectively develop flexibility without injuring the spine or other joints.