

MORNING STRETCHES

SELF-CARE GUIDE

Neck Stretch



- 1. Sit or stand up straight.
- 2. Tilt your head towards your right shoulder, holding for 15-30 seconds.
- 3. Repeat on the left side.

Benefits: Relieves tension in the neck and shoulders.

Shoulder Rolls



- 1. Sit or stand up straight.
- 2. Roll your shoulders forward in a circular motion for 10-15 seconds.
- 3. Then, roll your shoulders backward for 10-15 seconds.

Benefits: Reduces shoulder tension and improves posture.

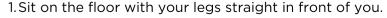
Cat-Cow Stretch



- 1. Get on your hands and knees.
- 2.Inhale, arch your back and look up (Cow Pose).
- 3. Exhale, round your back and tuck your chin (Cat Pose). Repeat for 1-2 minutes.

Benefits: Increases flexibility in the spine and relieves back tension.

Seated Forward Bend



- 2. Inhale, lengthen your spine, and reach forward towards your toes.
- 3. Hold for 15-30 seconds, breathing deeply.

Benefits: Stretches the hamstrings and lower back.

Standing Quad Stretch



- 1. Stand on one leg, hold onto a chair for balance if needed.
- 2. Bend your other knee and grab your ankle, pulling it towards your glutes.
- 3. Hold for 15-30 seconds, then switch legs.

Benefits: Stretches the quadriceps and improves balance.