

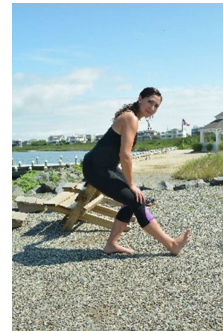
Three Travel Stretches

Standing Pigeon



Holding on to something, gently bend from one knee placing all your weight on that standing bent leg, gently place ankle of other leg over the knee of standing leg. Sit back with the glutes as far as you can, keep the spine nice and long. Make sure the knee of the standing leg doesn't go in front of your toes. Only take this as deep as you can and breath for at least 30 seconds. Switch sides.

Standing Half Split



Once again holding on to something bend one knee and place all your weight on the bent leg, stretch out the other leg in front of you placing the heel firmly on the ground and bend the toes toward you as much as you can keeping the knees in line. Keep the spine long and chest up breast bone toward the front of you, breath and hold for at least 30 seconds. Only taking this as deep as you can.

Standing Quad Stretch



Standing with feet hips width apart, holding on for balance, gently bend one knee bringing the heel toward the glutes. Grab the bent leg at the ankle and pull the heel toward the glutes, as you keep the hips in line and straight forward, push the knee to the floor, hold and breath for 30 seconds.