**Stretches # 2 – please practice perfect technique – take the time to do it correctly**

IT Band Stretch – Stand straight and cross your left foot behind right ankle – lean forward until fingertips are on floor (flat if possible) – hold for 20 seconds, switch legs

Piriformis stretch – like on back with knees bent – cross right ankle over left knee – use hands to grab back of left thigh close to the knee and gently pull it towards your right shoulder – hold for 30 seconds, relax, repeat with same leg, then switch legs

Cobra stretch – lie facedown with arms bent and elbows in and palms on the ground – lift upper body until arms are at full length, bending torso backward – 3 reps of 15 seconds each

Hip-to-thigh stretch – kneeling on left knee, right foot in front and flat on floor, left heel lifted – shift weight and gradually bring torso forward, bending right knee more deeply so that knee shifts towards toes – hold arms forward – keeping torso stable, press left hip forward until you feel s stretch on front of thigh – raise arms towards ceiling – hold for 10 sec – repeat 3 more time on same side – switch sides

Cat and dog stretch – begin on hands and knees – wrists directly below shoulders with fingertips pointed forward and shoulder width apart, knees directly below hips – look down at floor with head in neutral position – **exhale** and round spine towards ceiling – drop head and raise belly button toward spine – keep hips lifted and shoulders in same position – CAT POSE

-inhale and uncurl spine – keep position – with next inhalation, arch spine lifting chest forward and tailbone towards ceiling – look forward – DOG POSE

-exhale and return to neutral position – repeat sequence 10 times

Toe Touch - repeat 5 times

Hip Stretch – in seated position – extend left leg straight out and bend right knee – cross bent knee over straight leg keeping foot flat on ground – wrap left arm around right knee – apply pressure to bent knee to rotate torso – keep hips aligned as you pull chest toward knee – hold for 30 seconds, repeat on same side and switch sides

Latissimus Dorsi stretch – Stand up straight – raise both arms above head and clasp hands together, palms upward – keeping elbows straight, reach to side to begin tracing a circular pattern with torso leaning forward and to opposite side as slowly tracing a full circle – return to starting position – repeat 3 times and switch directions

Child’s pose – kneel wit hips aligned over knees – bring feet together so that big toes are touching – sit back slowly so resting on buttocks on heels – lower chest onto thighs while extending hands in front of head, elongating neck and spine while stretching tailbone towards floor – place fore head on ground and hold for 1 minute - repeat