

STRETCHING ROUTINE

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Mountain Pose/Breathing

Neck

Ear to shoulder
Looking over your shoulder
Nodding yes/no
Going deeper with ear to shoulder

Back and Pecs

Arms behind back
Eagle arms

Shoulders and Arms

Shoulder rolls
Arms- hands, wrists, triceps

Spine and Torso

Back and forward bend flow
Side stretches
Standing twist

Legs

Hamstring stretch
Ankles
Feet

Face

Lion pose/jaw

Mountain Pose

Find the guided audio at www.vlatutti.com

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