

# Purestretch Nov - Dec 23



Stretching arms to ceiling / extending the spine



Lean back curling thru the spine / activating the core



Lengthen the legs



Reaching forward with a gentle pulse



Add an active spinal twist side to side



Bend knee to open hip



lengthen into hamstrings



Land foot to stretch glutes. Park and pull



Lean and rock into this to hit the spot



Bend other leg and play with rocking



\* Grab foot and rock leg back to stretch quads



Get the foot at the right angle and stretch piriformis



Wide knees and feet for windscreen wipers



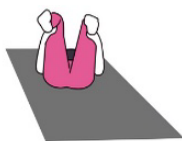
Add a twist



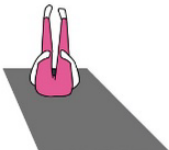
Add a lift



Settle into easy cow face pose



Roll back hugging knees



Lengthen into hamstrings

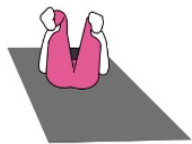


Option to roll a few times

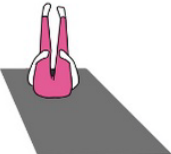
Start from the top and repeat on other side

\* A good pose to add some conditioning moves to

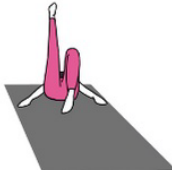
# Purestretch Nov - Dec 2023



Roll back hugging knees



Lengthen into hamstrings



Go on tip toe on one foot



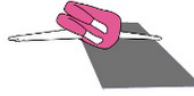
Slowly lower leg / activating the core

Repeat on other side

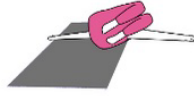
From tip toes



\* Ground shoulders to floor



Take knees side to side



Lot of these to loosen the spine



\* From all 4's lengthen a leg



Open hip for side plank



Challenge balance and core



Play with child pose and down dog



Down Dog

Repeat on other side

From all 4's



Play with RagDoll



Keep hips still / rock side to side



Stretching the entire body



Add swaying tree



Grounding the feet



Play with balance



Option to finish with a monkey swing!

\* A good pose to add some conditioning moves to