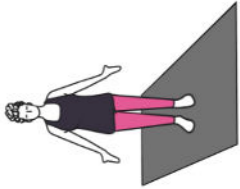
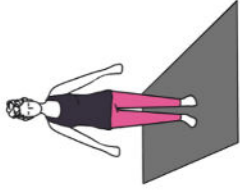


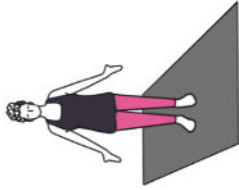
Purestretch Dec - Jan 2024



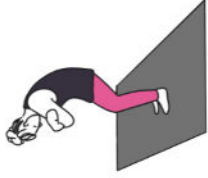
Imagine you have
lightbulbs in your
hands



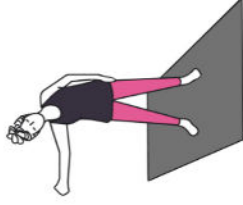
Spiral from pinkie
to shoulder



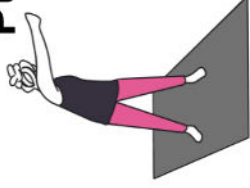
Gradually increase
the movement



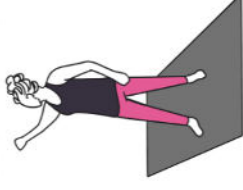
Until you are
hugging the arms



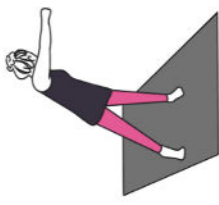
Work on opening
the right arm



And taking the
arm across

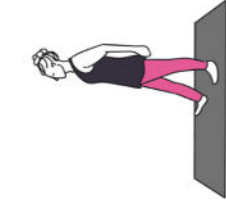


Add more
movement.. arm
back and up

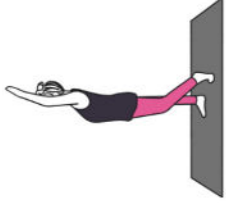


Add more of a
rotation

Repeat
on
other
side



Opening the left
arm ..etc

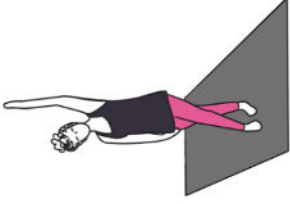


Eventually add
arms

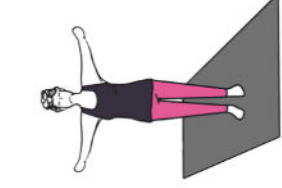


And more
movement, until
right arm lands on
right thigh and sit
back

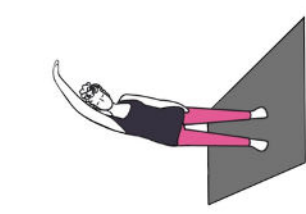
Repeat
on
other
side



Bring leg across

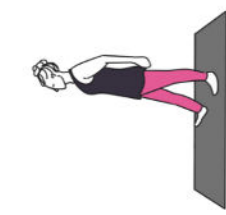


Add open star

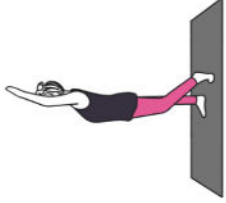


reach to other side

Repeat
on
other
side



Come onto all 4's



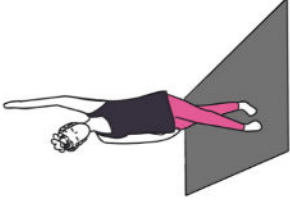
Add a gentle lean
back



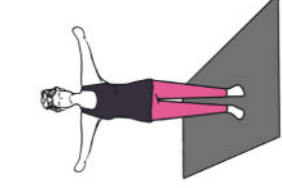
Add a subtle
extension



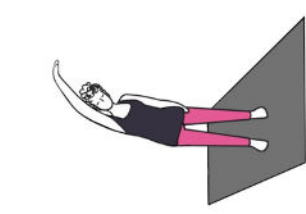
Go onto elbows
and wide knees



Add a gentle push
back



Then shift right
butt to right heel
adding flow



And shift left butt
to left heel adding
flow

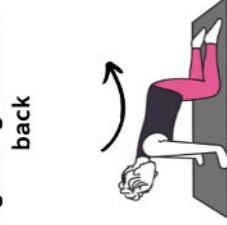
Repeat
on
other
side



Bring leg across
etc



Add a gentle lean
back



Add a subtle
extension



Go onto elbows
and wide knees



Add a gentle push
back



Then shift right
butt to right heel
adding flow



And shift left butt
to left heel adding
flow