

Purestretch with Beat - Album 6

Track 7 / Cooldown Unified

= 4 beats

QUICK TIPS

This is a 9 minute class and although I have added a routine, you can create your own simple stretch cooldown.

The music is chilled but not chilled enough to introduce relaxation.

Think of a few easy stretch poses and keep the class in the postures for about 1minute focussing on relaxing and breathing to increase the stretch.

I hope you have enjoyed Purestretch with Beat 6 and Happy Stretching!