

# Purestretch Feb - March 2024



**Sequence 1**  
Easy Chair



More Intense,  
deeper and arms  
higher



Squat and swoop  
the floor



Open the arms  
and repeat this  
sequence 8 times



**Sequence 2**  
Drop to knees on  
all 4's



Take one leg  
across and square  
hips off



Hips square  
extend a leg



Extend opposite  
arm .. do this  
sequence 4 times



**Sequence 3**  
Long leg touches  
the floor



Open up the hip



Come thru to  
pigeon .. do this  
SQ 4 times



Then work on  
perfecting the  
pigeon with great  
cues!



Now swoop leg  
thru and grab foot



Lengthen leg with  
great cues!



Roll onto side of  
body and get into  
quad stretch



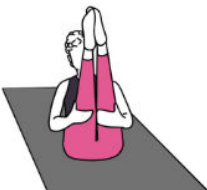
Open hip and  
push against side  
of knee and play in  
this pose

Repeat  
on  
other  
side

Start again from  
Sequence 2



Sit like a Pixie and  
alternate the  
swoop



**Sequence 4**  
Lengthen legs..



and rock into your  
pixie ...do this SQ  
4 times

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Come to the side of your mat and lets work the core!



**Sequence 5**  
Twist from side to side .. 4 times



See if you can grab the soles of your feet



Then support the head and lengthen into your legs .. great cues! .. do SQ this lots!



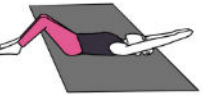
**Sequence 6**  
Prepare to roll up



Lengthen the leg and as you twist



Then center arms and rest leg



Slowly lower down then roll up and repeat o/s .. do this SQ lots



Circle the arms for shoulder mobility



Hover the bent arms off the floor



Rest arms and take legs from side to side



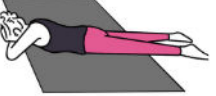
Play with this pose really using the core



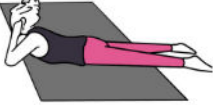
Great big hug



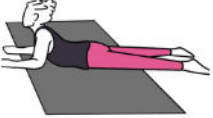
Pixie roll



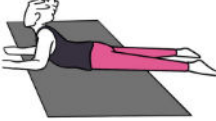
Settle and chill into your mat



A really lovely chilled back extension



Go a bit further with the back extension



**Sequence 7**  
Play with getting into the plank



Do this SQ lots



Make your way to a childs pose



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Now it's time  
to chill in your  
childs pose



Child pose .. great  
cues!



To increase  
stretch into lats ..  
go onto finger tips



Take the stretch  
from one side to  
the other



Push up into your  
down dog and  
play



Hang out in your  
rag doll



Keep hips still as  
you swing from  
side to side



Walk up the body  
with your hands  
and lengthen



Sequence 8  
Work on core and  
take arms from  
one side ...



.. to the other



Then centre the  
pose .. do SQ 4  
times