

Palm Massage



Lace your fingers together, leaving thumbs free. Slowly knead your left thumb into the palm of your right hand. Continue for 20 seconds, then repeat on your left hand.

Scalp Soother

Place thumbs behind your ears and spread your fingers on top of your head. Move your scalp back and forth slightly by making circles with your fingertips for 20 seconds.



Shoulder Roll

Roll both shoulders up, back and down in a wide circular motion. Repeat several times, then roll your shoulders to the front.



Elbow Press



Hold your arms out in front of you at shoulder height, palms facing down. Bring your elbows back while keeping your arms parallel to the floor.

Hold for a few seconds and repeat.

Chest Press

Take your hands behind your head, elbows out to the sides. As you exhale, press your elbows back without allowing your head to move forward.



Upper Body Stretch

With spine in a neutral position, extend both arms upwards, keeping your shoulders away from your ears. Hold for several seconds, then drop your right arm and gently reach your left arm to the right. Hold for several seconds then repeat with your right arm reaching.



Head/Neck Stretch

Slowly drop your head forward then gently return to an upright position. Then drop your head to the left and then to the right. Repeat each direction three times. With your chin down, make small rotations with your head to the left and right.



Wrist Rotations

Curl fingers into loose fists and roll fists around in a circle. Repeat continuously for a few seconds, then circle in the other direction.



Hand Stretch



Hold your arms out in front of you and bend your palm and fingers up. Use your opposite hand to apply gentle pressure until you feel the stretch. Hold for ten seconds. Then move your hands and fingers down and hold for ten seconds. Repeat other side.

Low Back Stretch

With your spine in a neutral position, leading with your chest, turn your torso over to the right, using your hands on your hips to gently stretch your low back. Hold for ten seconds, then repeat other side.



Chest Stretch

Raise arms to shoulder height with palms facing forward. Gently squeeze your shoulder blades together and open your arms wider. Hold for 10 seconds.



Cross Shoulder Stretch



Extend your right arm in front of you, then across your chest. Place your left arm just below the elbow of your right arm and gently hug your arm

towards you. Hold for 10 seconds. Repeat other side.

Shoulder Shrug

Relax your shoulders with your arms at your sides. Look straight ahead. Lift your shoulders up toward your ears, hold for a few seconds. Then exhale and let your shoulders and arms drop down. Repeat three times.



Hug Stretch

Wrap both arms around your upper torso as if to give yourself a hug. Hold for ten seconds.



Chest Opener

Interlace your fingers behind your back, palms facing towards your back. Slowly turn your elbows in while straightening your arms. Lift your chest slightly upwards. Hold for 10 seconds and release.



Prayer Pose

Place your hands palm to palm in front of you with your forearms parallel to the floor. Keeping your hands pressed together, slowly rotate your palms and fingers towards your body. Hold for ten seconds, then rotate your palms and fingers away from you. Hold for ten seconds.

