

# **125+ STRETCHING EXERCISES**

## **THE NO-GYM GUIDE**

FROM BEGINNER TO ADVANCED; TO GAIN FLEXIBILITY, STAYING YOUNG,  
AND ACHIEVING MEDITATION THROUGH YOGA





**COLLECTION OF VARIOUS**  
→ HINDUISM SCRIPTURES  
→ HINDU COMICS  
→ AYURVEDA  
→ MAGZINES

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# 125+ Stretching Exercises: The No-Gym Guide

From beginner to advanced; to gain flexibility, staying young, and achieving meditation through Yoga

RHP

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## DEDICATION

To all who wants to get fit.

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# INTRODUCTION

Before we get into the reformation of your body, if I can humbly ask you to leave a review for this book when you feel like you are ready. It really does help out a lot with reforming the algorithms we all live under.

Likewise, I made a uniquely designed digital graphic which you can print out or keep as a background for a daily reminder. The illustration has all the poses gone through in this book, slotted into categories, and beautifully designed into the three stages from beginner to advanced. You can only get this by sending me an email on [rhp.writer@outlook.dk](mailto:rhp.writer@outlook.dk) with proof of purchase for this book and then I will send it to you. Then I will also send you a personal email when new books of mine are out. Do not worry, I loathe spam emails myself – I do not spam! We already live in an attentionless world to begin with, I do not want to contribute to that.

Similarly, to aid you in your stretching journey, and exclusively for the Audiobook version, is an attached PDF document with all the 125+ stretches gone through in this book.

Okay, with that out of the way. Let's begin.

Stretching is uncomfortable. It takes too long, and it doesn't bring as many visual benefits as you would like. These statements are usually uttered in response to someone recommending stretching exercises or Yoga. Especially if you are a triathlon athlete or a buff that has lifted weights for decades.

See this has been the dominant thought behind stretching. But it is starting to change, and you are the testament of this change: because you purchased this book. For which I would like to say a heartfelt thank you, both from me, and your body.

In some ways it is true that heavy weightlifting or running a marathon will visually give you results. But I am here to tell you that stretching can help you tone your muscles in the right direction, while also giving you stronger flexibility and balance. Additionally, stretching alleviates and combats many of the hidden markers that later will damage you, as well as injuries you will

experience later on in your life. Especially if you sit at an office 8 hours a day, 5 days a week. Our bodies are simply not geared towards such a lifestyle - we are engineered to run across steppes or deep within thick jungle or forest brushes.

A great allegory for stretching's benefits is that I assume you care about not getting sick. Whether it is getting the flu, or blood poisoning. You cannot see neither virus nor bacteria, and yet we put an extra layer on when it is winter, and we don't consciously cut our hands on rusted nails. Discounting that, stretching tones your muscles and make you have a well-rounded body in both feel and looks. It helps your body be the best it can be for future ailments. And in addressing the ignorant stigma regarding stretching, I am here to tell you that I have known male weightlifters and female mountain trail runners who completely crack under just a basic stretching routine.

Stretching exercises will truly reform your body. But really to do this, it starts with your mindset. See lifting weights or going for a run or a swim mentally takes more energy. It is harder to go out for a run in the light frizzle of rain or freezing white blizzard. But stretching can be done in your bedroom, living room, or spare room. It takes less mental energy to get the habit in. Because central to stretching exercises we have yoga and central to yoga is not just stretching postures, or asana, themselves. It is about awareness both in the world around you, but also inward towards yourself. You will be more in tune with your body, its capabilities, and where it needs work. But it will also trick your mind into working just that little bit harder.

Speaking as a world-athlete in laziness myself, I struggled a lot in finding something I could commit to daily, combined with also having an increasingly hectic schedule. But finding stretching exercises and yoga really did transform my life. Over time it improved my balance, flexibility, muscle toning, natural posture, breathing, mindset and awareness.

Even though it may feel like lower energy and exertion is being put out, the same effects and other wonderous results can be found in incorporating stretching into your every day.

There are many types of stretching exercises and by extension, yoga. You cannot not talk about yoga when you talk about working out, with stretching.

Because yoga, as we will learn a bit more below, is over 9,000 years old. Perhaps even older, since this is just the oldest text that scientists have found that discuss yoga. And within yoga we have the many types of yoga or stretching postures, which over millennia have gotten more postures and stances.

If you want to achieve a better cardio and athletic physique, then Vinyasa yoga is for you. Here you not only get the benefits of the stretching itself and the muscle toning, but you also coordinate your breathing with the posture changes you carry out. In this way, through your breathing you gain stronger control over your breathing and increases your cardio, ramping up the frequency of posture changes.

If you are a beginner and just need a taste of what stretching can do for you, then Hatha yoga would be for you. This type is more physical and not so much about frequency. It is therefore slower paced and more accessible. But even with the slow pace you certainly can delve into some fat burning and muscle toning postures as well. Just look at the advanced poses in this book.

At last, because we will be here all day if we would go through all of the posture types in an ancient and respected practice, we have Lyengar yoga. Lyengar is all about precise and detailed movement. Now this is not necessarily fast, but it is about skill, mindfulness, and dexterity. Here your focus would be on balance and flexibility.

Three types that are different, but they all fall under the wonders that stretching exercises can do for you. Now let's take a look at the evidence.

Scientifically, stretching means that your muscles are being strained and formed to both lengthen and shorten at the same time. It also trains your joints to move around in a full range of human capable motions.

Likewise, it increases your athletic abilities. It improves your running so that it allocates more efficiently energy throughout your body while you are running. This effectively makes you last for longer distances. It decreases your risk of injuries when working out. It limits soreness after you have worked out, and at last it also speeds up your recovery, so your inevitable soreness will not last for as long.

In general, if you are under 65 years old, it is also medically recommended to hold your stretch for 30 seconds or more. If you are 66 years old and over it is recommended that you hold the stretch for double that, so 60 seconds, or more. In both instances you just set a daily routine, either in the morning, or when you find time for it. The paramount importance is just that you are doing it. [1]

As Sasha Cyrelson, clinical director at Professional Physical Therapy says regarding us aging and how we can alleviate and help our bodies, “We need to take an active role in maintaining and improving the length of our muscles so we can continue to enjoy our abilities without pain.” [2]

See working out, whether it being running, biking, or lifting heavy stuff, shortens your muscles. Your muscles contracts due to physical strain because of the dance between your muscle groups. Just like the moon in that it both pushes and pulls the sea into lovely sounding waves on the beach, your muscles do the same.

As an example, when you go from a closed inward arm towards your chest and you stretch it outward; your upper arm muscle pushes, or stretches, while your triceps, your lower arm, pulls in. Your arm stretch can only happen because of this synergy and dance between your upper and lower arm. In lifting weights your muscles both push and pull in one motion. Think about it. When you use a hand weight, going up and down, both your upper and lower arm pushes and pulls at the same time. And this motion is actually what makes your muscle structure enlarge. Your upper arm muscles work hard to not just drop the hand weight in rapid fall – but to do it slowly and smoothly, to prevent elbow and joint damage. But at the same time, when lifting the weight up again, from your arm being outstretched makes your upper arm muscles pull. In short, this results in the shortening of your muscles as well. And stretching unties and un-shortens your muscles from this action. [2]

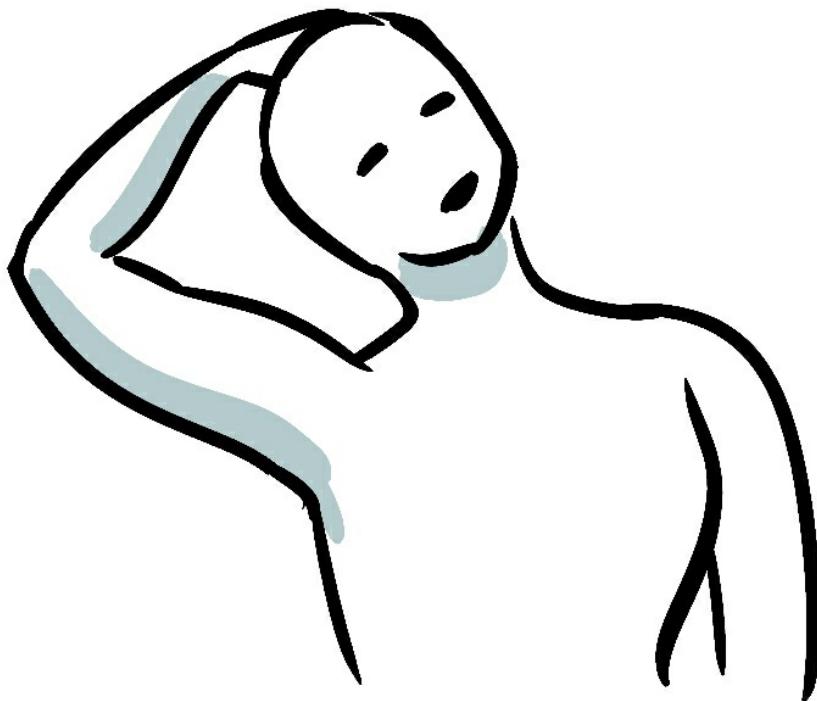
One of the oldest texts in the world, called Rig Veda, dating back between 8,000 to 10,000 years ago, has yoga within it. In ancient India, yoga is the unison of your ‘body’, ‘mind’, and ‘spirit’. It is about connecting you with the world and with yourself. I know, it can sound very new agey. But if you let it, you will connect with your body on a level you haven’t before. And

that is why yoga has been taking a hold all over the world, especially in the west.

Okay enough preamble,  
let's start some posturing.

## 1 BEGINNER

“Let’s all become confused dogs; the seated neck stretch”



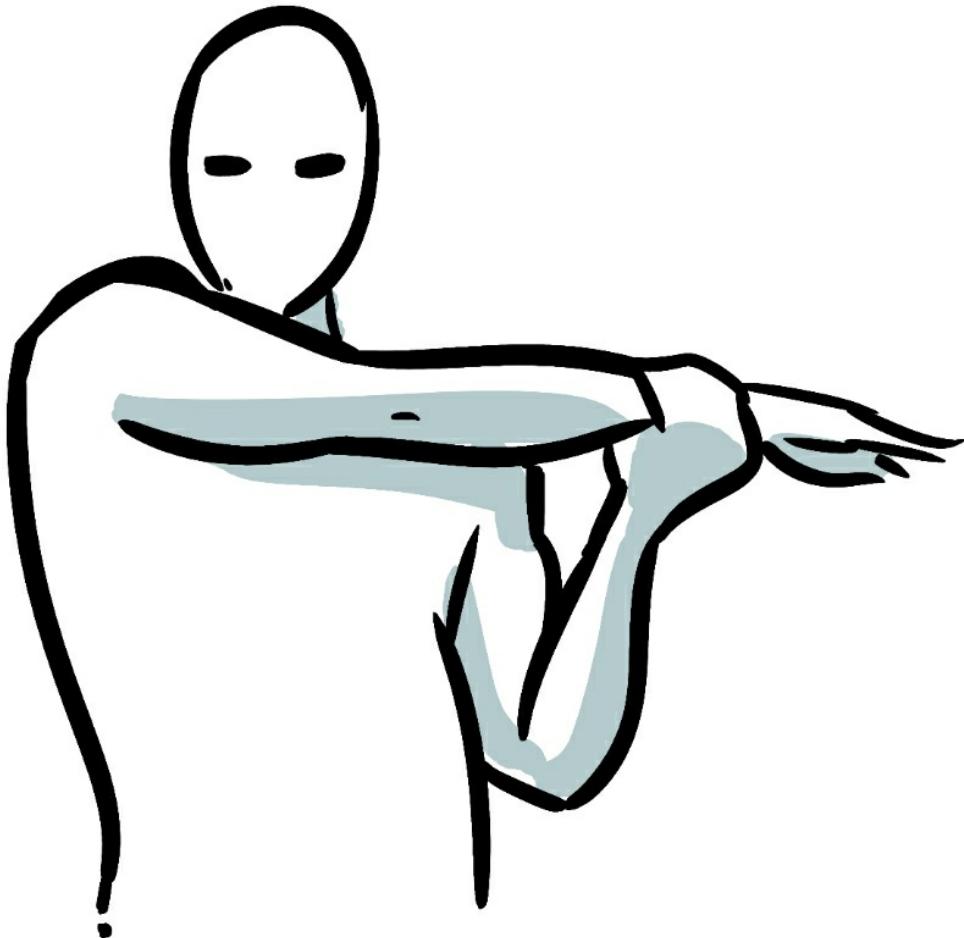
1. Start in a standing position

2. Take your right hand, place on the top of your head
3. With a long neck and beck tilt your head to your right side
4. Hold for at least 15 seconds, or more
5. Repeat with the other hand

Over the duration of a day your neck is experiencing immense strain. One, because of our lifestyle with our smartphone looking down at it no matter if you are seated or standing. But also, because the vast majority of jobs are done in an office in front of a computer and is setup not physiologically the most optimal for your body's health. To combat this you need a strong neck to withstand these daily strains.

It should also be mentioned that this is because of the weight of your head; skull and brain, that puts severer strains on your neck and will cause problems later on in your life if not addressed. If the pains hasn't already peeked its head in.

“Let’s do the lazy person’s dab; the standing shoulder stretch”



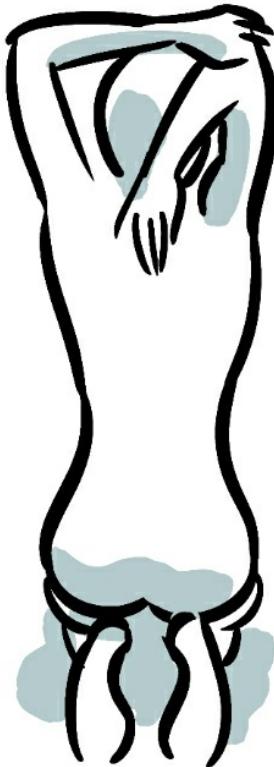
1. Stand in a nice stand, mountain pose, with a long back and neck
2. Put your left arm stretched out up to your chest area
3. Now pull your arm as close to your chest as possible, with aid from your other arm
4. Hold this position for at least 30 seconds, or more
5. Repeat this with switching to the left side

“Let’s wind up for elbowing the air; the standing triceps stretch”



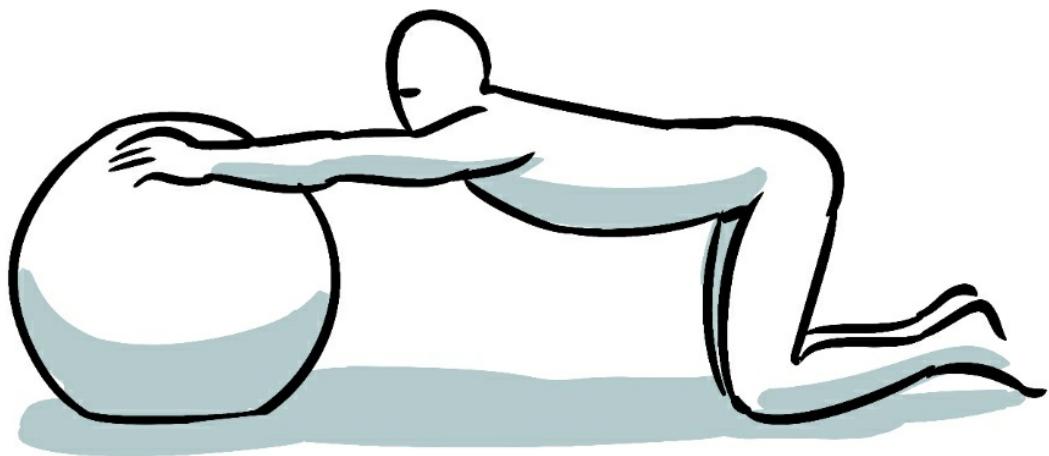
1. Stand in a nice stand, mountain pose, with a long back and neck
2. Move your arm stretched out straight up above your head
3. Now bend your left elbow backwards, so you feel a nice stretch in your triceps area
4. Aid your right arm in pulling back, as much as you can
5. Hold for at least 30 seconds, or more
6. Repeat with the other arm

“Let’s wind up for elbowing the air; the being on your knees triceps stretch”



1. Kneel down with a nice long back and neck, arms outstretched overhead
2. Bend your right arm and elbow and touch the top middle part of your back
3. Aid the stretch with your left hand and arm in pulling your right arm towards your head in a downward motion
4. Hold for at least 30 seconds, and repeat with the other arm

“Let’s go doggy; on all four, lower back stretch”



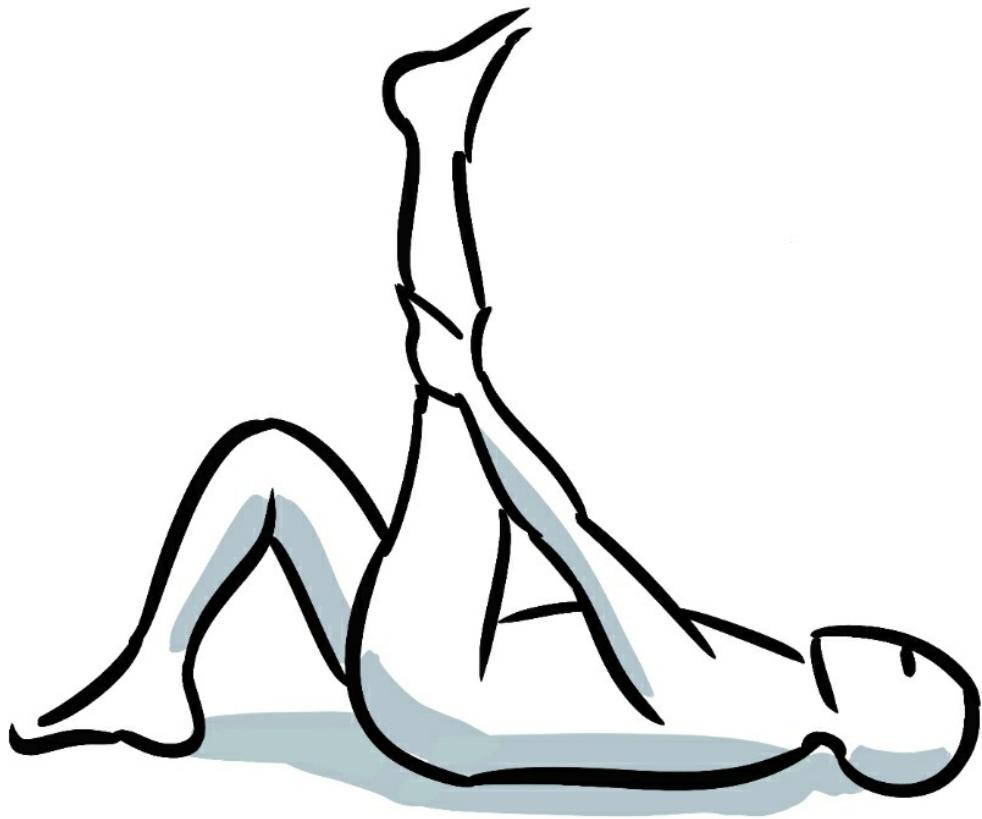
1. Go down on your knees
2. Place your hands in front of you on an exercise ball or the seat of a chair or something equivalent
3. While keeping your back nice and long, reach forward with your arms
4. Now lower your butt towards your feet
5. Hold for 30 seconds, or more

“Discover your inner child and do the walking weirdly; hip flexor stretch”



1. Stand in a nice stand, mountain pose, with a long back and neck
2. Step forward with your right leg, so you with one leg mirror sitting on a chair
3. In the same motion, with your hands on your hips in a superhero pose, pull back your left leg outstretched backwards
4. Gently rock up and down, and back and forth
5. Hold each position for 30 seconds, or more
6. Repeat with the other leg

“Are you pulling my leg; the hamstring stretch”



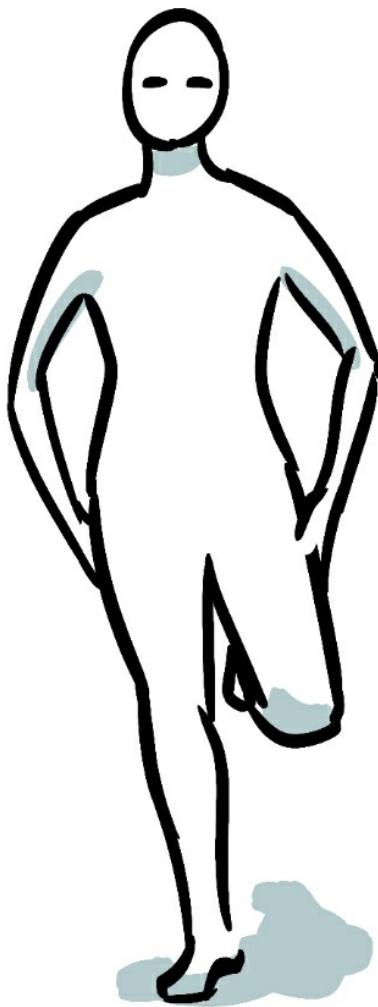
1. Begin in a nice laying on your back, feeling the ground always having your back
2. Now bend both your knees, moving your feet towards you
3. With aid from both of your arms and hands, raise your right leg in an outstretched motion vertically up in the air – creating a human L-position
4. Start to pull back your right leg as much as you can, while staying firmly rooted with your left leg bent on the ground
5. Stay in this position for about 30 seconds, or more, and repeat with the other leg

“The standing pray; the standing hamstring stretch”



1. Stand in a nice stand, mountain pose, with a long back and neck
2. Bend both your knees, and move down your hands on your body until you can grab your ankles
3. Stay here breathing slowly and deeply for at least 30 seconds, or more

“Flamingo pose; quadriceps stretch”



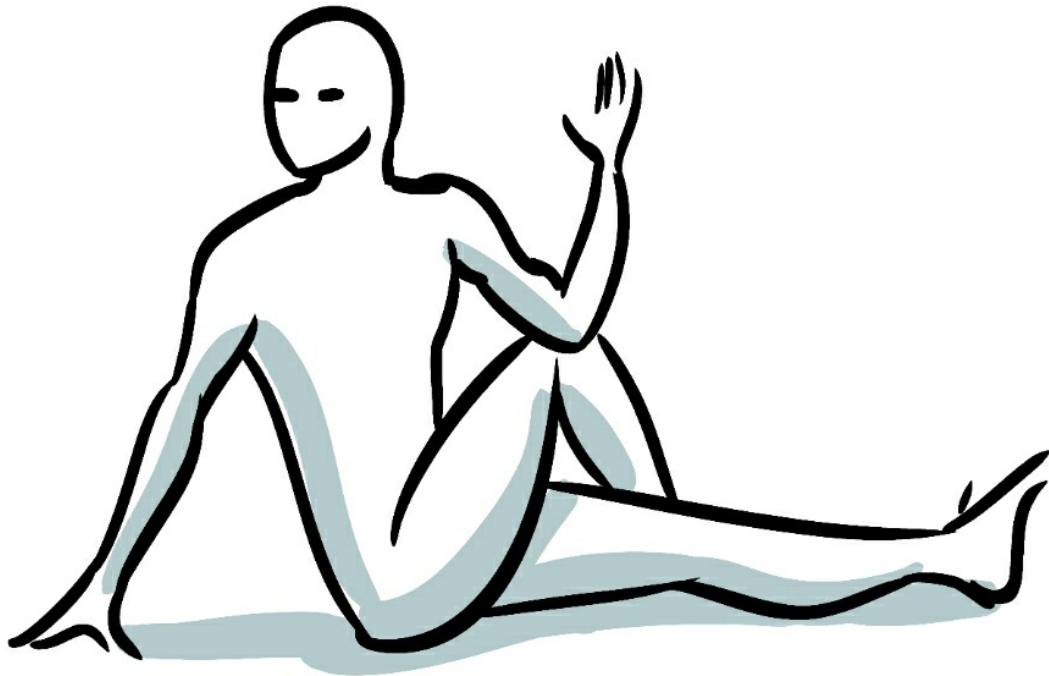
1. Stand in a nice stand, mountain pose, with a long back and neck
2. Now, bend your right knee backwards
3. Take your right hand and grab your right foot behind you and start to pull upwards
4. Center yourself in a nice balance
5. And hold for at least 30 seconds, or more
6. Repeat with your other leg

“chair pushups; calf stretch”



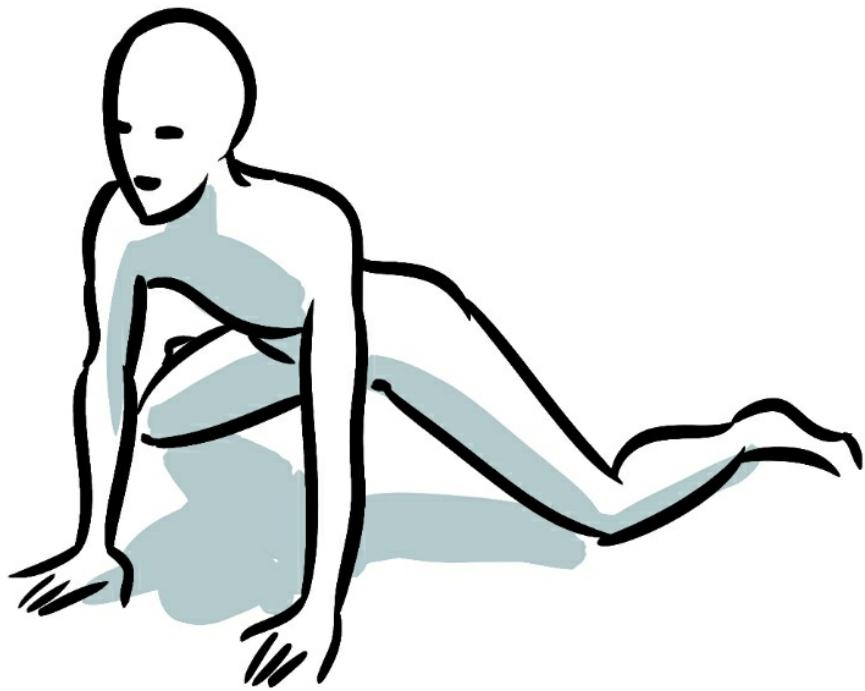
1. Stand in a nice stand, mountain pose, with a long back and neck in front of a chair or a low wall
2. Situate yourself by holding on to the ledge with your hands
3. Bring your feet up onto your toes, one by one
4. Do this for at least 30 seconds, or more

“Hi over there, I am sitting; the piriformis stretch”



1. Begin in a nice straight backed and neck sit, with your legs stretched out
2. Now take your right leg and bend it inward towards you
3. Move your right leg over your stretched-out left leg and take your left arm in a slight bend and rest your left elbow on the right side of your right knee
4. While you begin to slowly twist your upper body, without moving your left leg
5. Sturdy yourself with your right arm and hand on the ground that always has you no matter what
6. Hold this position for at least 30 seconds or more
7. And then repeat with your other leg and arm and twist with your upper body

“This is my pounce move, ready to jump; The frog stretch”



1. Go down on all fours
2. Place your knees wide, wider than shoulders with your arms in a nice stretch holding your upper body up
3. Flip out your feet to the side as much as you can
4. And hold this for at least 30 seconds, or more

This is really good against hip and lower back pains.

“Namaste; Butterfly stretch”



1. Begin in a nice and relaxing cross-legged sit
2. Now move your feet together so they touch, so your knees are bend and jutting out to your sides
3. Take your arms and hands to grab your angles to sturdy yourself
4. Always remember to sit nice and tall with a long back and neck
5. Close your eyes and notice the sounds all around you, count them, while with each sound imagine in your mind’s eye what makes that sound and what is around it – paint the picture
6. Hold for at least 1 minute, or more

“I am innovating on the runner’s start pose; the lunging hip flexor stretch”



1. Go down on your knees, and situate your right foot on the floor in front of you, with your left leg stretched out behind you, your left foot also stretched out, so the roof of your left foot are holding the ground that always has you
2. Now begin to lean forward, with a nice long back and neck, using your hands and arms to steady your balance
3. If you squeeze your buttocks, then it will provide even more of a stretch
4. Hold this for at least 30 seconds, or more
5. Repeat with your other leg

“I always sleep on my side; the lying pectoral stretch”



1. Lie on your stomach with both arms extended to the sides so your body is in a T-shape
2. Push off the ground with your left hand and bend your left knee for balance as you start to roll to your right side. You should feel this in your right-side pectoral muscles
3. As your mobility increases, you'll be able to stretch further and roll your body further
4. Repeat on the other side.

Because of the full arm stretch, this side-sleeping stretch is excellent before and after you have done push-ups or rowing or the like.

“I am still innovating on the runner’s start launch, by the way; the knee to chest stretch”



1. Lie on your back with both legs extended
2. Take your right leg and bend your knee towards your head, closer to your upper body
3. Use both of your hands and arms to give it a nice squeeze, a little bit further
4. Hold for this for at least 30 seconds, or more
5. Repeat with your other leg

“Let’s all become confused dogs, but this time while sitting; the seated neck release stretch”



1. Start with your feet shoulder-width apart or sit down with your back and neck straight and chest lifted
2. With aid and guidance from your left arm and hand on your top head, push and tilt your head down to your left shoulder
3. Now gently press down on your head with your left hand to get even more of a stretch in
4. Hold this for at least 30 seconds, or more
5. Then repeat with the other side

Neck stretches in general are perfect for your whole upper body, but also your spine. While it will bring forth clarity in your mind as well. So it

actually helps you mentally improve.

“The other way of sleeping on my side; the laying quad stretch”



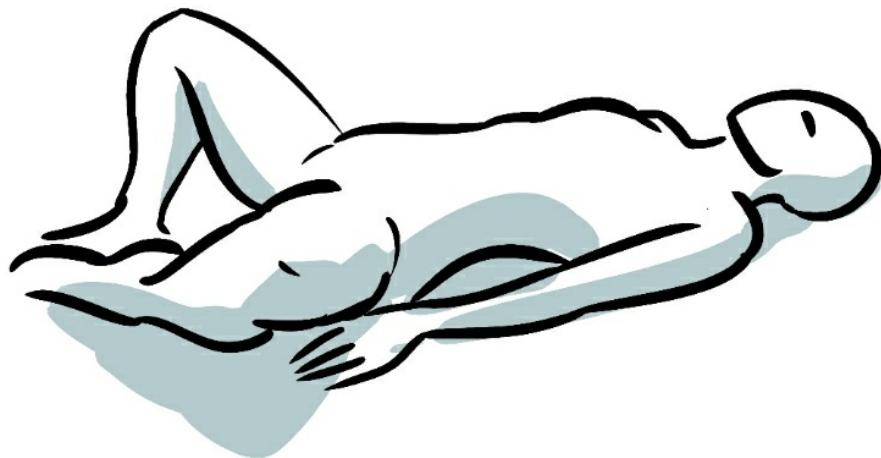
1. Begin by laying on one side
2. While keeping your bottom leg outstretched and bend your top knee, with you grabbing your top foot with your top hand to aid the stretch in bending it backward towards your lower back and buttocks
3. Hold this position for at least 30 seconds, or more
4. And repeat with laying on the other side, and bending your other leg

“I rather enjoy ancient Egypt; Sphinx stretch”



1. Lie on your stomach with your legs straight out and your feet's roof touching the ground that always has you
2. Widen your legs a bit, a place your hands and elbows on the ground, so you create a L-pose
3. Now press your feet hard on the ground feeling a stretch throughout both your legs, while also tightening your arms by pressing down on the ground – but remember to keep your shoulders relaxed
4. Try to bend your upper body upwards, but don't overexert!
5. Hold this for at least 30 seconds, or more

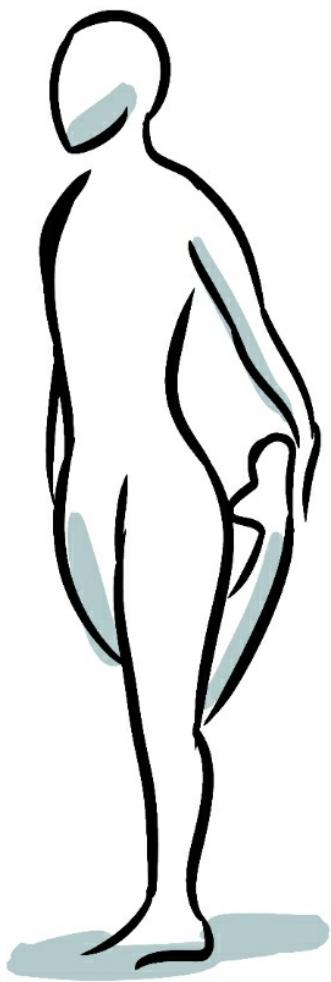
“Okay fine, sometimes I do sleep on my back; the reclining bound angle stretch”



1. Lie on your back
2. Bring the feet together and open your knees, feel the ground supporting you always having your back
3. Hold for at least 30 seconds, or more

This is the one of the stretches that should be your go-to. It is both excellent for pre and post workout and is fully adjustable – because you are laying down – so you can adapt the stretch based on what your body is telling you.

“The runner’s stable; standing quad stretch”



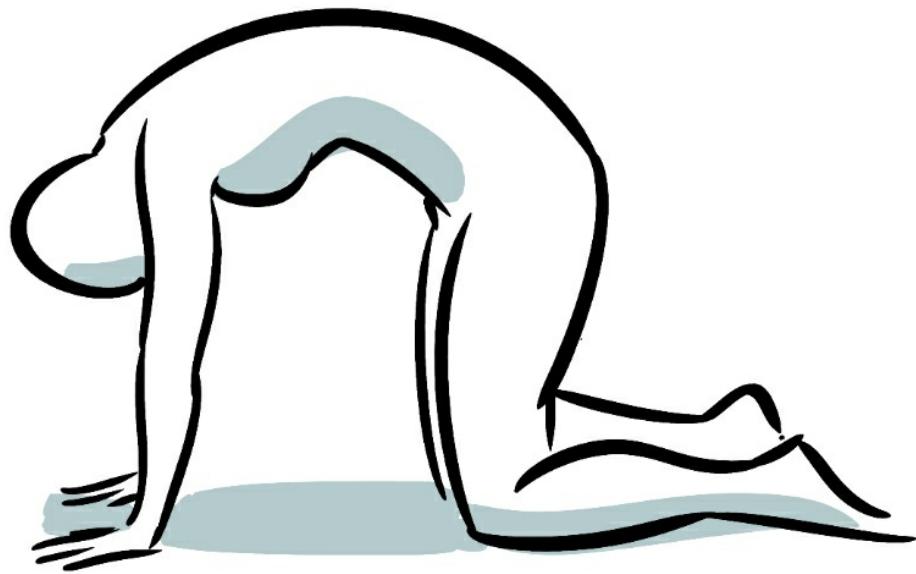
1. Stand with your feet together, long back and neck
2. Bend your left leg and knee, with aid from your left hand and arm to pull upward your left foot toward your buttocks – try to keep your knees together at all times
3. Remember to sturdy yourself with your right leg on the ground
4. Hold for at least 30 seconds, or more
5. Repeat on the other leg

“I still don’t need a chair, by the way; the knees to chest stretch”



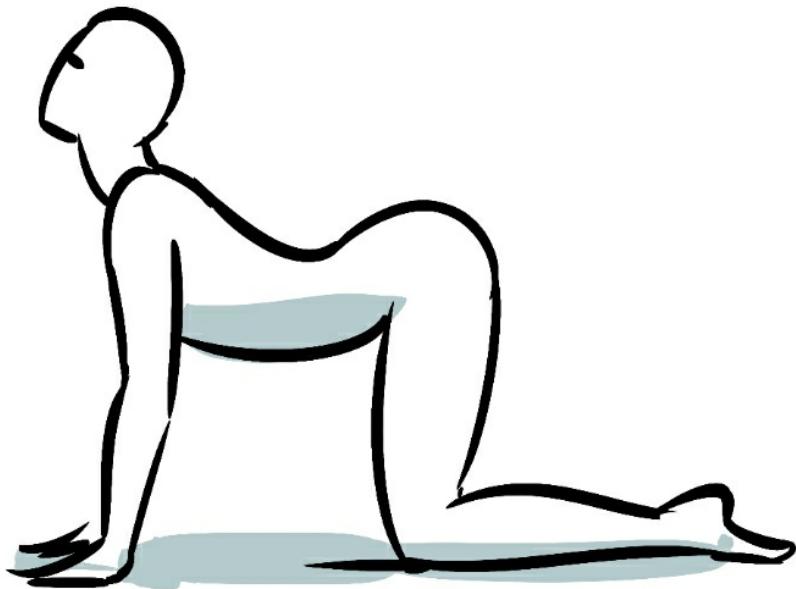
1. Lie on your back and pull your knees into your chest with both hands
2. Always keep your back and neck on the ground, feel how it supports you, always having your back no matter what
3. Try to get your legs and knees a couples of lovely pulls and squeezes down into your upper body
4. Hold for at least 30 seconds, or more

“This would be how the bridge arc actually should be; the Back Cat stretch”



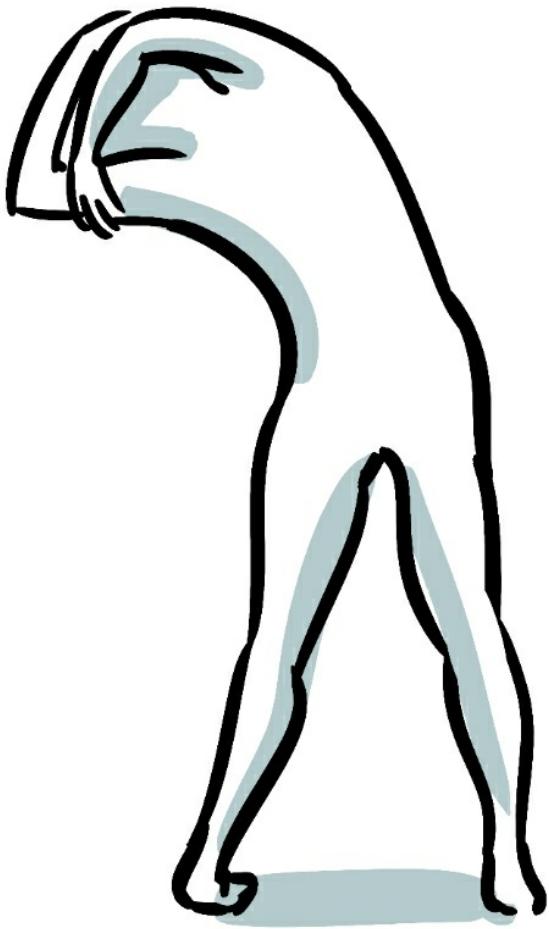
1. Start in a position on your hands and knees, with your back, always, flat
2. Begin to situate your fingers forward and your toes behind, knees being stacked just under your buttocks, and hands just under your shoulders
3. Drop slowly in conjunction with your exhale your head, pushing your shoulder upward and outward, elevating your upper back
4. Keep this for about 3 seconds, then repeat at least 10 times

“Not this bridge arc; the Back Cow stretch”



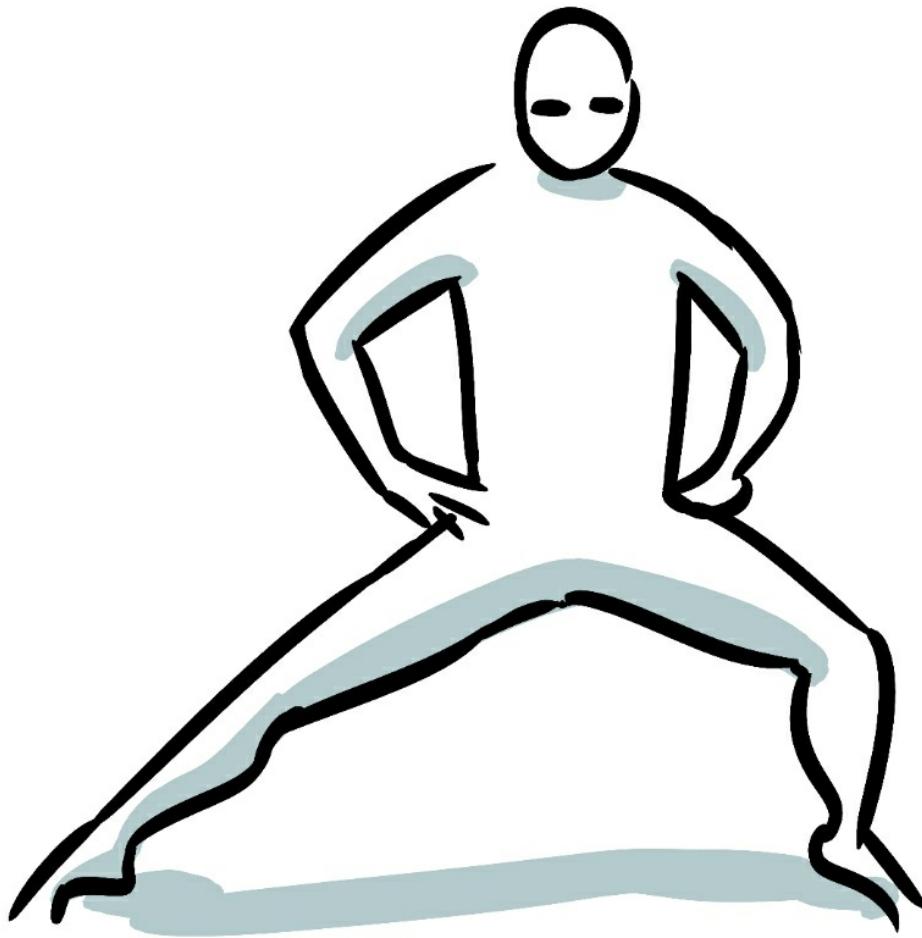
1. Adopt a position on your hands and knees, with your back flat. Point your fingers forward and your toes behind
2. Lift your head and bend your neck upward, pushing your shoulder blades away from each other and downward as you drop your stomach
3. Relax, then repeat several times, at least 10 times

“Super confused dog; the side trunk stretch”



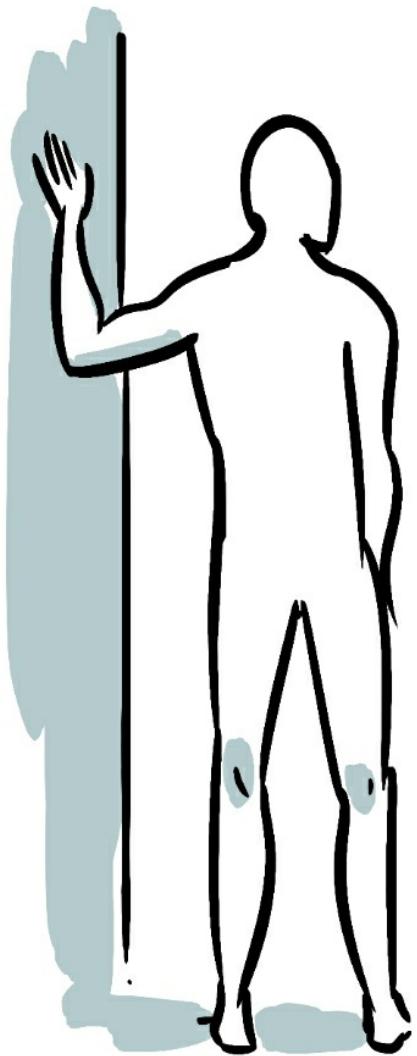
1. Start by standing in a mountain pose, strong on your feet, feeling the ground always having your back
2. Then raise and outstretch your right arm overhead, and begin to bend it – your elbow behind your nice and long neck and back
3. Now aid this bend with your left hand grabbing your right elbow
4. Keeping a sturdy footing, begin to tilt your upper body to your left side and feel the side body stretch
5. Hold this for at least 20 seconds, or more
6. Repeat for the other side, and arms

“I am a superhero wall; side lunge stretch”



1. Stand upright, with both feet facing forward, double shoulder-width apart
2. Situate your hands on your hips, keeping your back and neck nice and long
3. Then begin to sway slowly from one leg to the other
4. Do this, from side to side, for at least 1 minute

“The hanging out in the door frame at a party move; chest stretch”



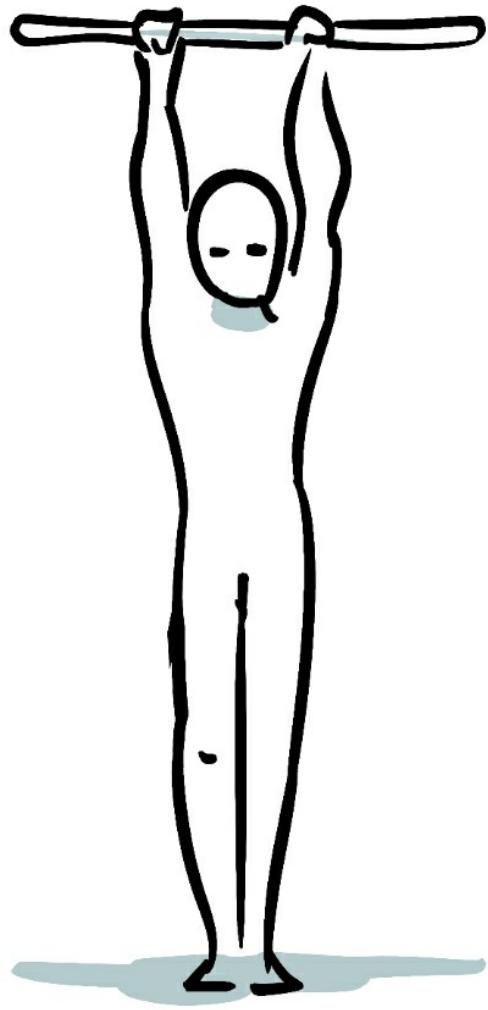
1. Stand tall with your feet comfortably apart
2. Take your arm and place it next to a wall, likely a door frame, place your palm in a bent elbow position on the wall
3. Turn your body, while being sturdy on the ground, and begin to press forward, feeling a good stretch in your arm on the wall
4. Hold this stretch for at least 1 minute
5. Then repeat for the other arm

"I can't decide if you should come closer or further away; wrist flexion and extension stretch"



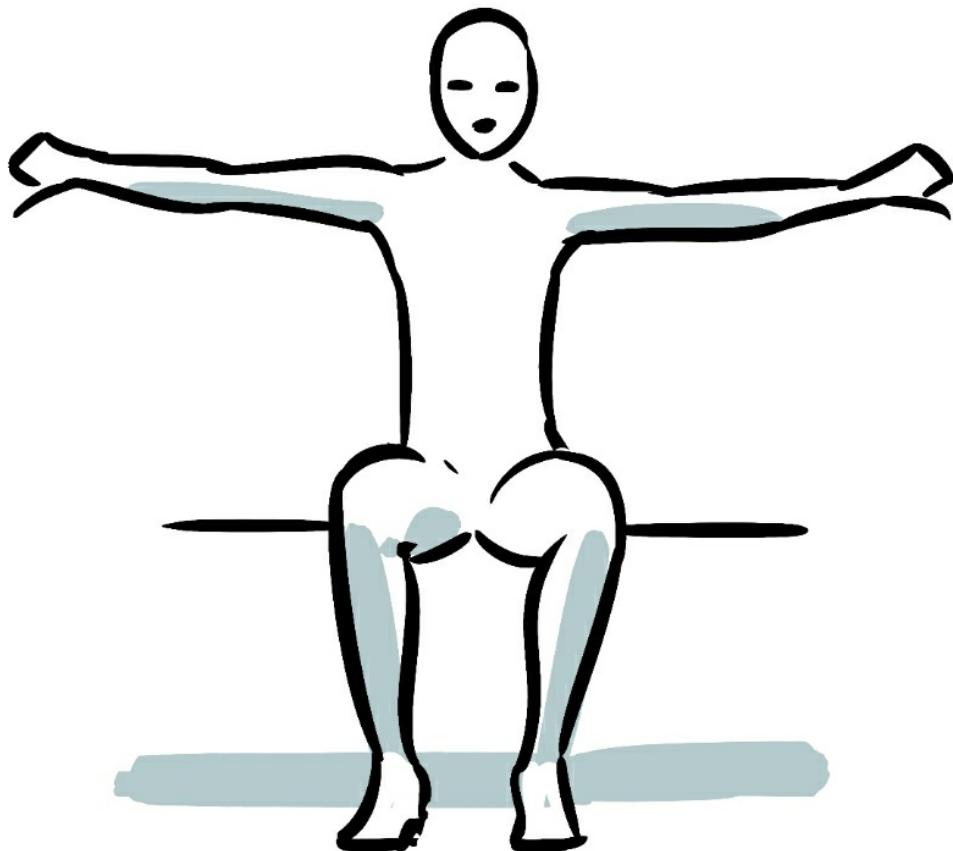
1. Hold out your arm with the palm facing down
2. Lift your finger upward, as much vertical as you can, aid this with your other hand
3. Do the same downward vertically by dropping your fingers, again aiding this with your other hand
4. Do these stretches for at least 5 second intervals for 30 seconds
5. Repeat with the other hand

“Doing the hanging from a bar challenge; the shoulder flexion stretch”



1. Grab a bar with your hand, and let yourself drop, so your arms becomes fully outstretched
2. Hold here for as long as you can, but try for at least 10 seconds
3. If you want to aid the stretch and tone your core, getting those abs, lift your legs with either bend knees or outstretched

"I am a Roman emperor as a judge during gladiator games in my free time; biceps stretch"



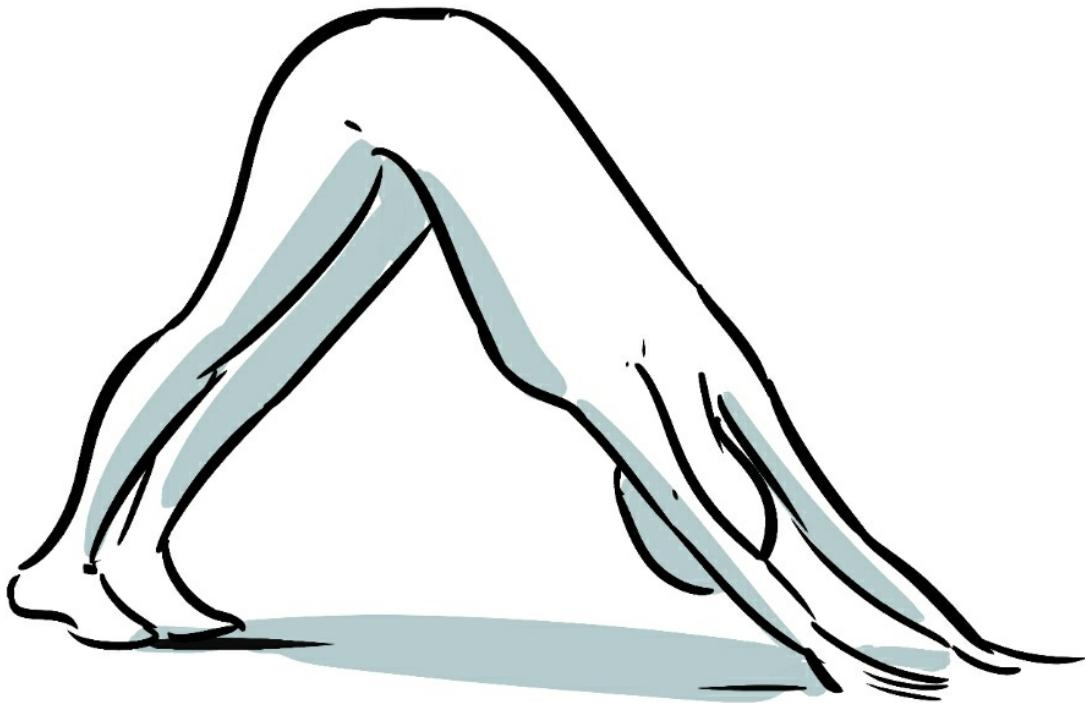
1. Take your arms out to the sides, slightly behind you, with your thumbs up
2. Move your both of your thumbs up and down, slowly feeling your biceps stretching
3. Do this for at least 30 seconds, or more

“Let’s wind up for elbowing the air, while also being a confused dog; the upper body lateral stretch”



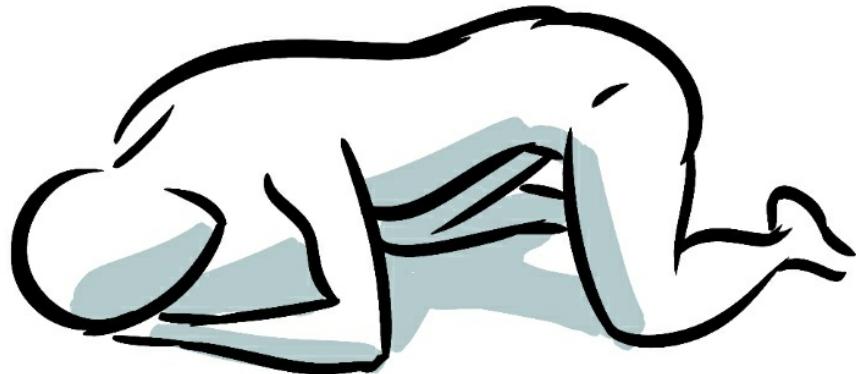
1. Begin by sitting down, knees jutting out to the sides, and with arms outstretched over your head
2. Then take your right arm and place your right palm on your left shoulder
3. Begin to bend towards your left side feeling a nice stretch on your side
4. Keep this for about 30 second, and repeat with your different side and arm

“Pyramid person; Downward facing dog stretch”



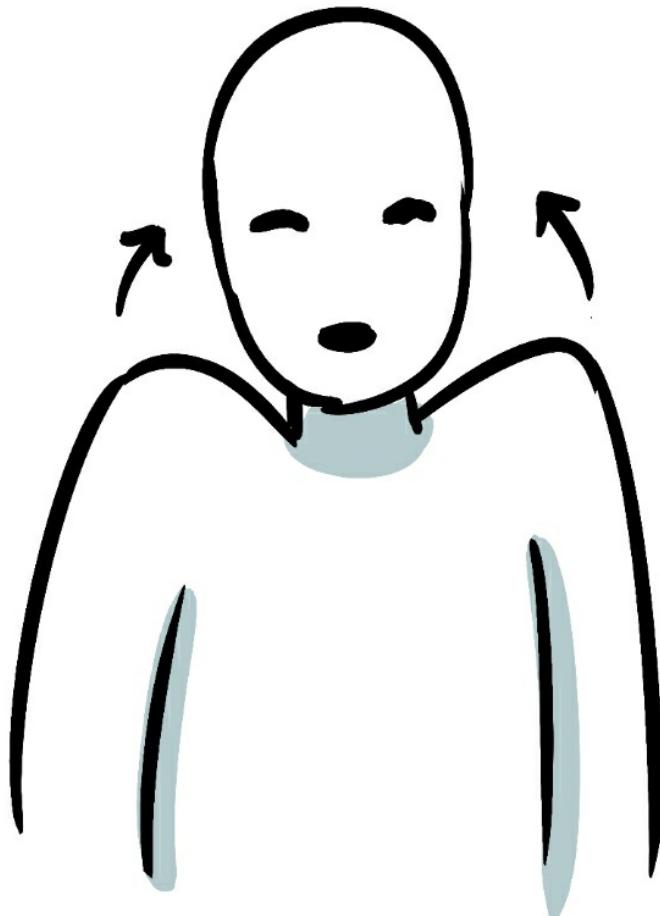
1. Depending on your level of training, you can either keep your feet flat on the ground while doing the pyramid shape or find a comfortable position for your feet, that's up to you
2. Stretch while your palms are flat down and always stretch your back and your neck, so it is nice and long
3. Alternate between the position you are in, an uplifted plank pose, to downward facing dog 4. This combines both downward dog's stretching, and the moving to plank pose as muscle toning
5. After you have done all of these go into a relative stillness in the pyramid pose itself; maybe do some paddling with your feet

“Look at all the bridge arches I can make, part 2; the kneeling oblique stretch”



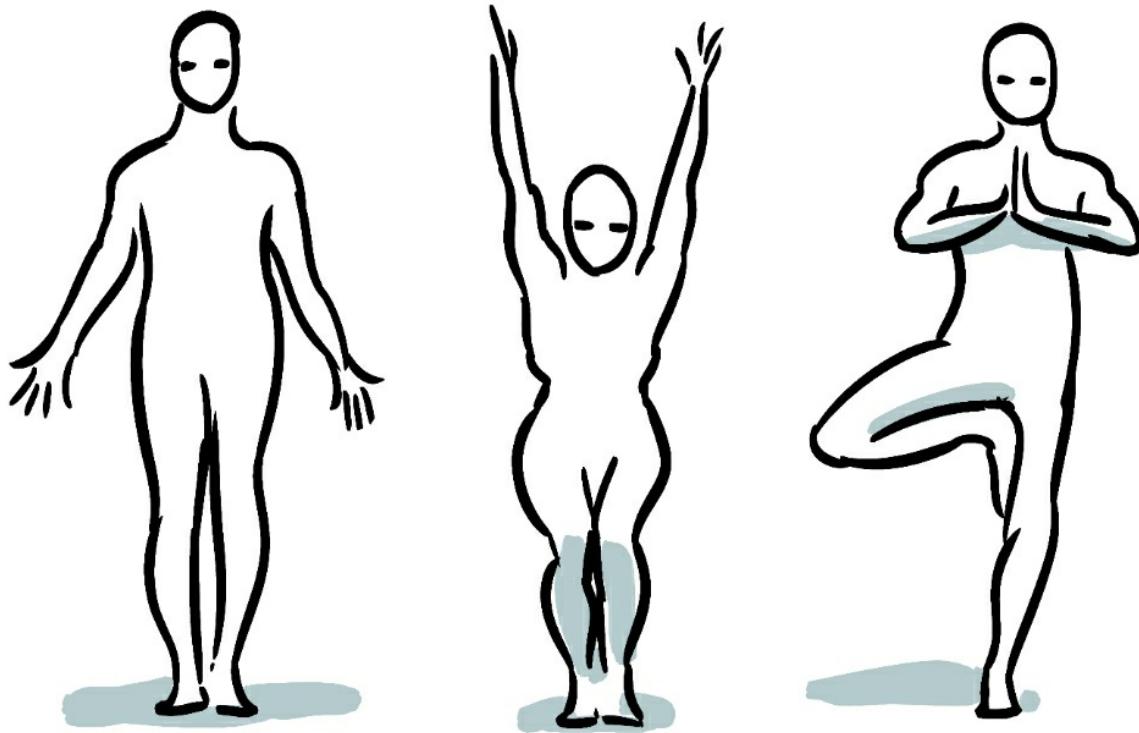
1. Start on all four, but on your knees as well – try to stack your knees directly underneath your butt in a straight line
2. Orient your feet so as the roof of your toes are touching the ground
3. Then go down on your elbows and circle in your hand palms to face your forehead, still laying flat on the ground, resting your head on your palms
4. At all times try to have a straight back
5. Try to hold this for at least 1 minute, or longer

“I don’t know; the shoulder shrug stretch”



1. This is a good beginning exercise to get the blood flowing and the stretch going
2. Start by standing straight, with a nice and long back and neck
3. Move your shoulders now all the up to your ears and then down again
4. Move them up and down, as in step 3, but this time now a rotating motion with your shoulders as well
5. Do this for at least 1 minute

“The mountain needed to sit, so it found a tree to make a chair; the mountain-chair-tree stretches”



1. Begin to stand in a strong mountain pose, by standing straight, feet close together or even touching, and always long back and neck
2. Feel the energy flowing throughout your body, notice how you can draw balance and energy from your feet all the way up through your whole body
3. Then in one cohesive motion bend your knees down at the same time with reaching for the sky with your stretched-out arms. All this time haven a long neck and back. This is the chair pose
4. Hold for a bit and move up again, but in this motion pick a leg and bend it fully as to study yourself on the other leg. While your arms at the same time meets together in a namaste. Now this is the tree pose
5. Hold here for a few moments and alternate with different legs

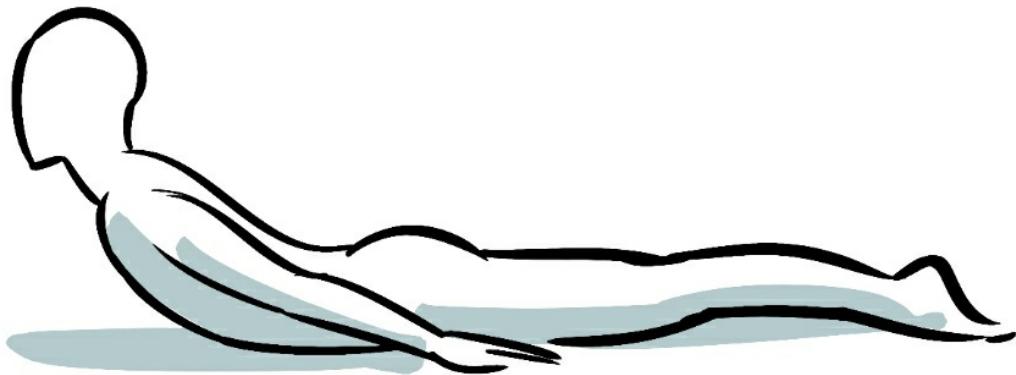
This succession of poses are known to improve your balance in rapid time, and will also stretch out your limbs and muscles.

“The eagle’s toe hurt, so it flowed to the crescent, part 2; the angled crescent lunge stretch”



1. From mountain pose, standing strong and long with your legs, arms, back, and neck, with your feet together
2. Now pivot your legs to the side, like you are doing a standing running launch pose
3. Then pick an arm, and stretch this arm out with you then pivoting your core and lower back with your arm to the opposite side of whatever arm you chose – look at the illustration. If it was your right arm pivot to your left axis
4. Hold for five moments and alternate arms
5. Do this for a while until you feel fully contend, and relaxed, and stretched

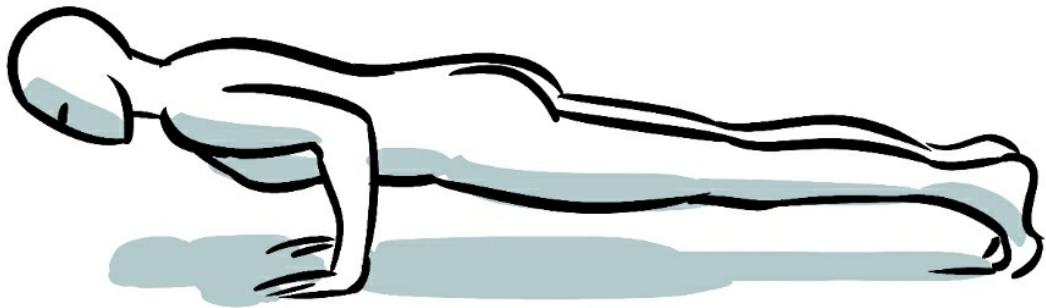
“I am a worm, flopping around; the locust pose stretch”



1. Start by laying flat down on your stomach, stretching everything down your side
2. Then, by using your palms that is flat on the ground, and the roof of your feet also flat on the ground as well, you lift your upper body upwards using those arms and legs, as well as your lower back
3. Hold this position for at least a few moments, 30 seconds, or more

This **Salabhasana** pose and is one of those simple on the outset but actually holds some secrets that are hard to master. In full body awareness, you prime your mind to focus both on your hands and feet to aid you in the upper lift. While it also is hard for your lower back to hold you in that position. But you keep doing it and as a result marvelous things occur!

“I am a new plank, see; four-limbed staff pose stretch”



1. Start by laying flat down on your stomach, stretching everything down your side
2. Then curl your toes to rest on the ground and move your hand palms where your elbows are, bending your arms
3. Then slowly lift yourself upwards while having a steady line-plank running from your feet to your crown
4. Hold for at least 10 moments, 30 seconds, or more if you can

This will tone your body and stretch you at the same time.

“What I show people when they ask me what yoga is; the bound angle pose stretch”



1. Is to sit upright, with a straight back and a nice long neck
2. Move now your feet together at the center of your body and try to have your knees as horizontal as possible
3. Sit in this position for at least 1 minute, but by all means do more if you can
4. Try to relax, close your eyes, and listen to the sounds around you – try to picture what those sounds look like and what is around them – paint a scene in your mind

This position is one of the most noticeable ones within yoga. But is excellent because it can relax you in meditation, while also stretch your legs out and

give you a stronger posture for your office sitting workdays.

“Self-message of my feet; seated forward bend stretch”



1. Begin in a nice straight backed and necked sit
2. Then bend forward and grab your feet with your hands
3. Then you just hold as long as you can, at least 30 seconds, or more

“We are all still kids inside; the happy baby pose stretch”



1. Start with sitting in a nice seated, Lotus pose, position
2. Now grab each foot in each hand and begin to roll back on your back
3. While having your feet grabbed start to move your legs towards your head and get as far towards your head as possible
4. While your neck and back is long, look up at the sky
5. Maybe move your feet around occasionally like a happy baby, do this for at least 30 seconds, or more

“No no, I don’t need a chair to be comfortable; the chair pose stretch”



1. Start in Mountain pose, standing straight, with a long back and long neck – looking ahead
2. Then orient your hands into a namaste in front of your chest
3. As you lift your arms go into a half squad and hold
4. Hold here in this position for at least 30 seconds or as long as you possibly can

“This is how I find myself; the hero pose stretch”



1. Get into a sit where your legs are fully stretched out
2. Then bend your legs inward, bending your knees
3. And meet your hands in a namaste in front of your chest
4. Hold here for at least 30 seconds, or longer

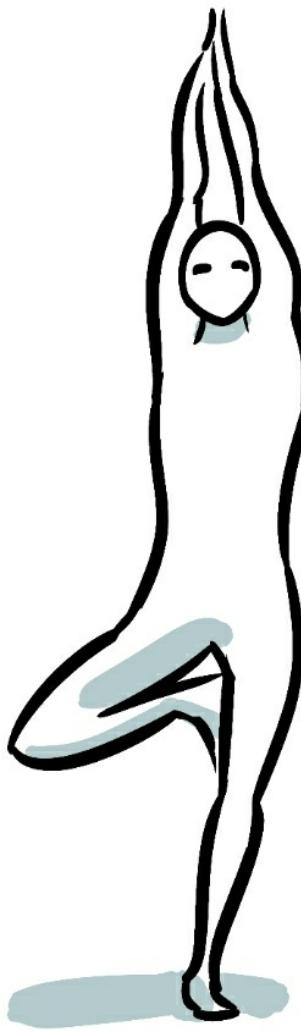
“Ohmm; the Lotus pose”



1. Begin with sitting upright
2. Then bend your legs and much inwards towards your thighs as you can
3. Stretch your back and leg nice and long
4. Meet your hands in a namaste, in front of your forehead
5. Hold this position for at least 1 minute, or longer

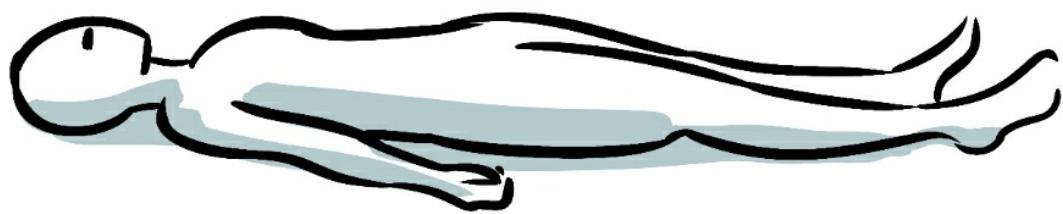
Try to notice every sound around you and picture, with your eyes closed, what made that sound.

“Ohmmmm, the sequel”



1. Begin by standing straight, neck and back long: a nice strong mountain pose
2. Then pick a leg – let’s choose the right leg, like in the illustration – and move your foot to your left inner thigh
3. Sturdy yourself and move your hands together, your arms outstretched, in the tallest namaste you can do!
4. Hold this position for at least 30 seconds, or longer
5. Which up your legs and then repeat

“After all that I am dead; the corpse pose”

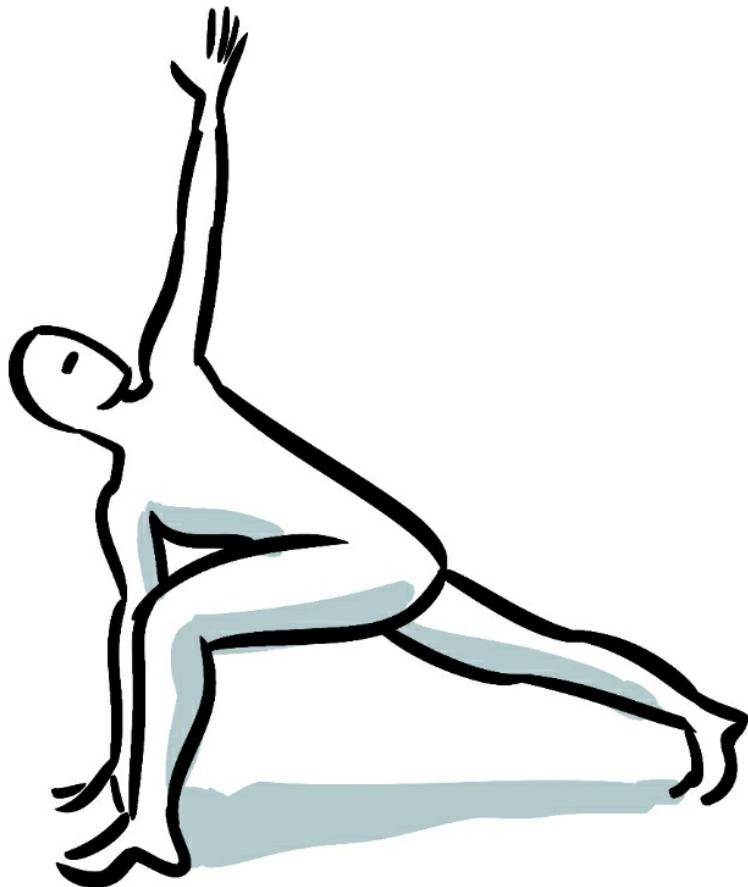


1. Lay down flat on the ground on your back
2. Relax, and be proud of your effort
3. Remember to notice your progress!

## 2 INTERMEDIATE

“Waiting for the runners shot, but just need to grab some water handed to me

from above; the lunge with spinal twist stretch”



1. Begin standing with your feet together in a nice and strong mountain pose
2. Take your left foot forward and your right foot backwards
3. Try to have a nice and long back and neck, while having yourself firmly situated on the ground
4. Now drop down to place your palms on the ground flat, with your foot in between your palms
5. Begin to tilt your outstretched left arm upward vertically without pivoting your left leg
6. Go up and up for about 30 seconds, or more
7. Repeat on the other side with your other legs and arms

“No no I don’t need a chair, I love sitting horizontally; figure four stretch”



1. Begin in a nice laying on your back, feeling the ground really just having your back
2. Move your legs up in a bend position, and move your left foot over up on your right knee
3. Then with the aid of your hands and arms lift and pull your right leg towards your upper body
4. Hold this position for at least 30 seconds, or longer
5. Then repeat with your different leg

This is particularly helpful if you have knee pain. Because the central nerve that runs from your lower back to your feet, is located there. If this sciatic nerve is compromised, pressed, or irritated, it will bring pains – but also

disturb your nerves system. See, in general, your back and spine is the highway for your brain, and your brain's connection with your body.

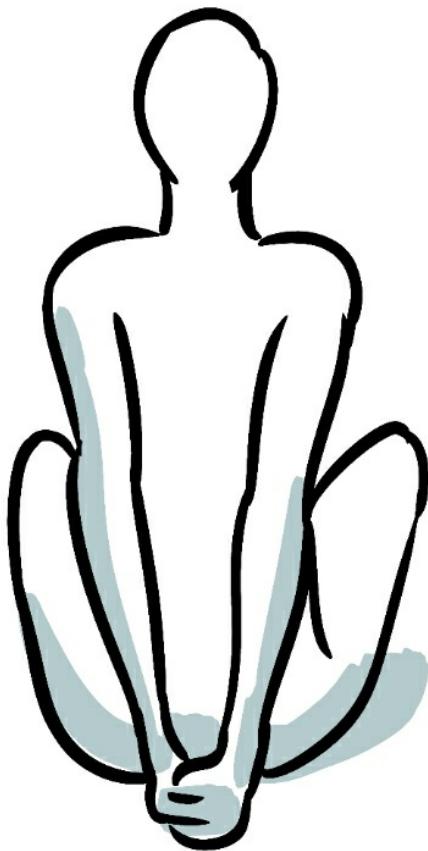
“Okay fine I will sit up, but still no chair for me; the 90/90 stretch”



1. Sit with a nice long back and neck, and your knees jutting outward towards a bend
2. Then move your left leg backwards, while not moving your right leg, being rooted firmly on the ground
3. When you are firmly grounded, begin to twist your upper body, using your arms to guide and situate yourself on the ground
4. Hold for nice stretch for at least 30 seconds, or more
5. Repeat on the other side – stretching the other side

This is particularly good for hip tightness and pains.

"I was sitting so nicely, and then you just come up and pull on my arms; the seated shoulder stretch"



1. Start with sitting on the floor with your feet both firmly being rooted on the ground, knees bent
2. Now clasp your hands together behind your back and stretch as much your arms as you can
3. Always remember to have a nice and long back and neck while doing this
4. Hold this position for about 15 seconds, or longer, and try to repeat after a short pause

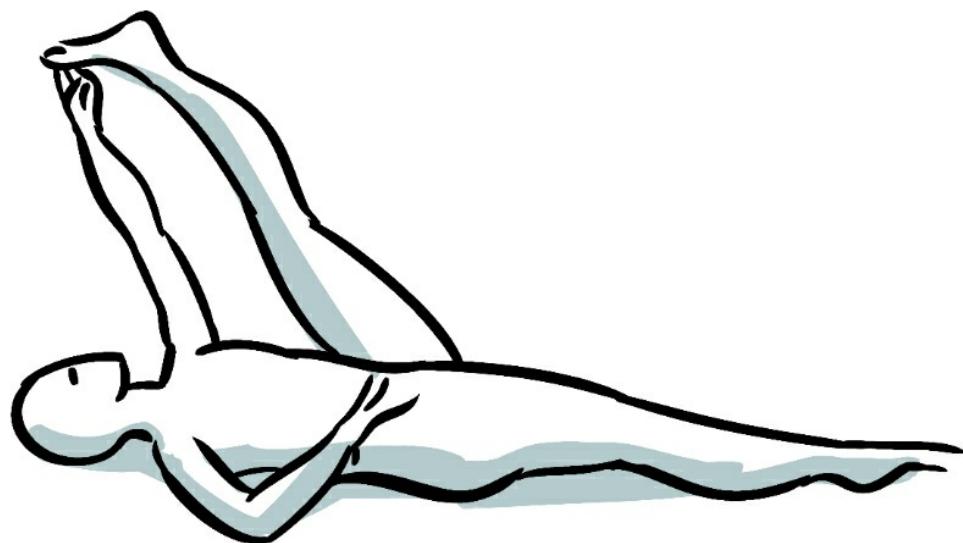
If you, like most people, sit on a desk day in and day out, in the same hunched over position. Then this stretch and position is really helpful to alleviate your body from the strain office sitting entails.

“The curve of the bridge was angled this way; the side bench stretch”



1. Start on your knees, with a straight back and neck
2. Then stretch your left leg, with your right feet pressing down on the ground, rooting you
3. Then move your left arm outstretched to touch your lower left side knee, with your right arm outstretched upwards vertically over your head
4. Slow now tilt towards your left side and feel the nice stretches all over your body
5. Always try to be facing forwards, not twisting your body
6. Hold this position for at least 30 seconds, or longer
7. Repeat on the other side with your other leg

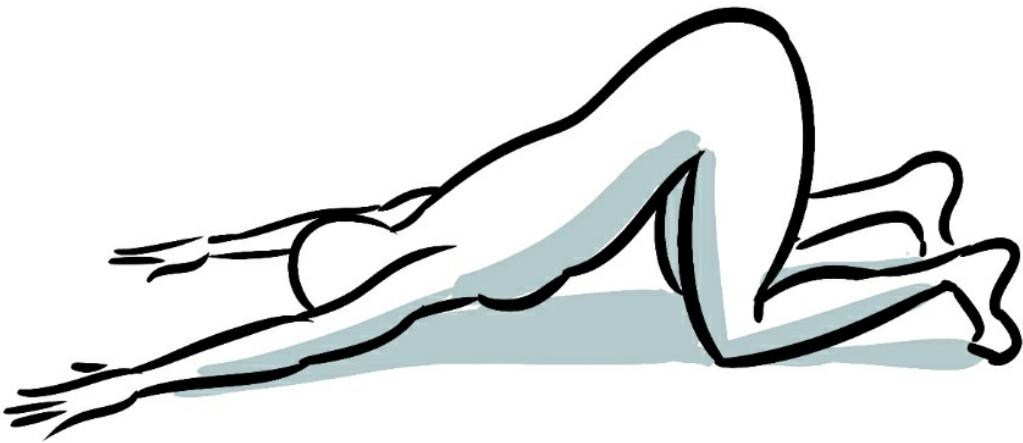
“Few sleep like this, but I do; reclined hand to big toe stretch”



1. Lay down on the ground on your back, stretched back and long back and neck
2. Then while trying not to move too much; pick a side, let's say left side – as in the illustration
3. Now move your left leg only towards your upper body without moving anything else
4. Stop when you have met your left fingers with your left toes
5. Begin to do this movement again and again
6. Do the other side

This pose is both excellent in that it stretched your hamstring; your legs; it is brilliant for your lower back; and it works out your core too.

“Varying my praying; extended puppy stretch”



1. Start on all fours
2. Walk your arms forward a few inches – and centimeters – and curl your toes under
3. Push your hips upwards and backwards halfway toward your heels
4. Push through the palms of your hands to keep your arms straight and engaged
5. Hold for about 30 seconds to 2 minutes, maybe even longer

“Sleeping on my side, part 3; the Pretzel stretch”

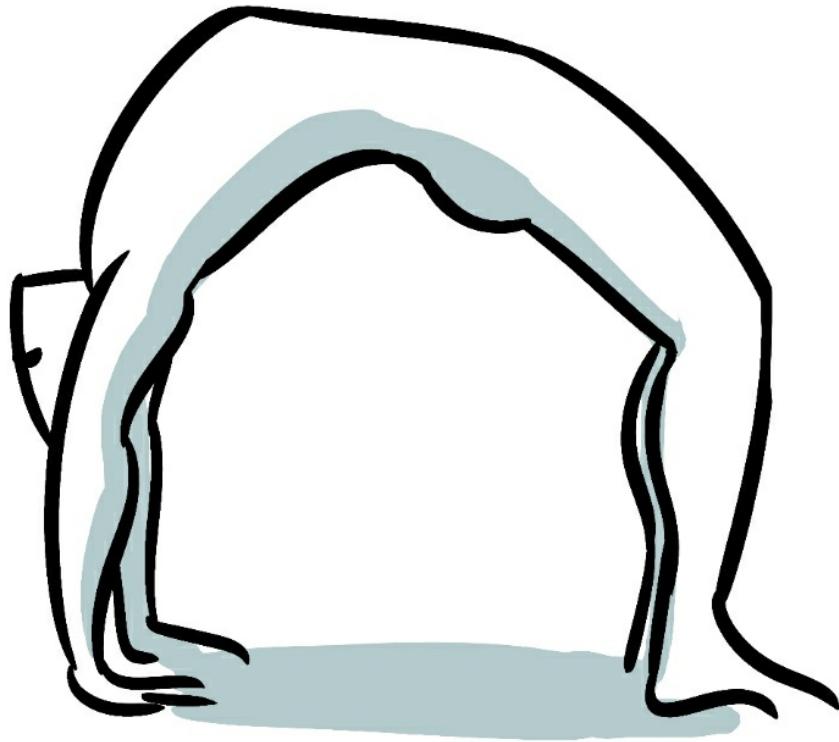


1. Start by laying on your left side, with your right leg bend a bit forward and your left leg bend a bit backward
2. Same with your left arm, bend it about and rest your head on your left palm
3. Then twist a bit and reorient your right arm to grab your left foot
4. Begin to pull upwards towards your head with your right hand
5. Hold this stretch for at least 1 minute, or more
6. Then repeat with being on your other side

This is an often-forgotten stretch, which is a shame because it stretches a lot of important muscle groups throughout your whole body and should be your go to in any stretching session you have for that day. I certainly use it every

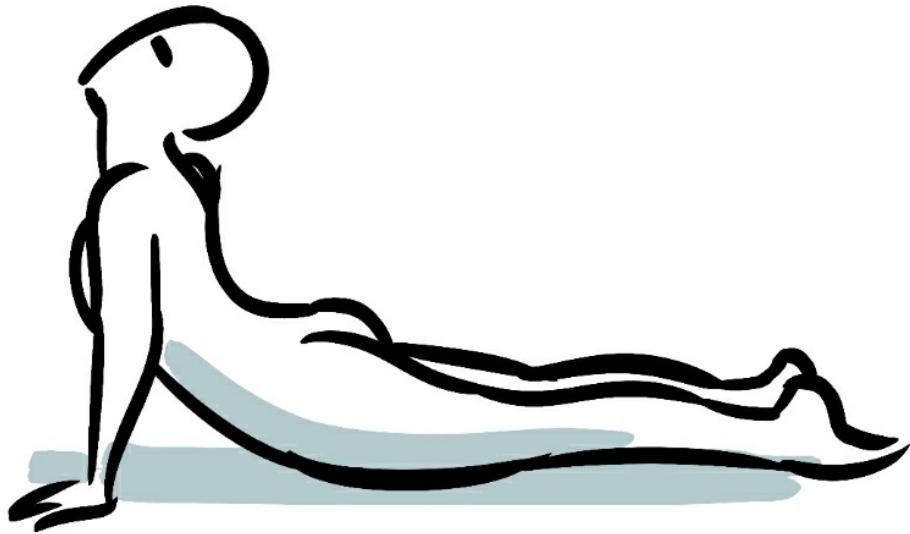
single day.

“This would be how a useless bridge arc would be; the upward bow wheel pose stretch”



1. This position is advanced and should not be attempted by a full beginner without oversight, but can be done by an intermediate
2. Begin by standing straight, neck and back long: a nice strong mountain pose
3. Then from this sturdy stance begin to arch your back backwards, until you can meet your palms on the ground behind you
4. Hold this immense arc for as long as you can

“No no, I love ancient Egypt; the lengthened Sphinx, back extension stretch”



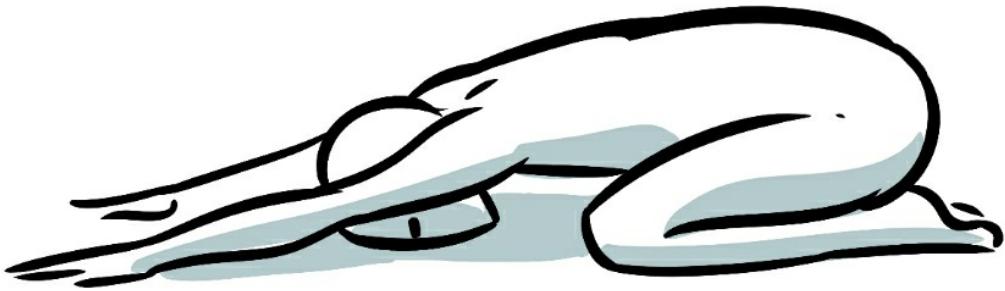
1. Start by laying on your stomach, feel that the ground always has you no matter what
2. Now if the roofs of your feet are not touching the ground, make it do so
3. Place your arms in a bend and your palms on the ground and begin to bend your upper body upwards
4. Always try to hold with your outstretched arms and your feet pressing as hard as you can down on the ground
5. Note that your palms should always be in front of your neck
6. Hold this stretch for at least 15 seconds, or more

“This is my way of tying my shoelaces; the hamstring sitting stretch”



1. Begin sitting in a nice, comfortable sit, with your knees jutting out to the sides and your back and neck long
2. Then stretch out your left leg out in front of you, with your left toes pointing directly up
3. Twist your upper body over towards your left outstretched leg, and begin to trace your hands as far down your left leg as possible, but without lifting your buttocks
4. When you have gotten as far as you can, hold this for at least 15 seconds, or more
5. And then repeat with the other leg

“I wonder when I will stop innovating on my praying; child’s pose stretch” – the extended child’s pose



1. Get down on all four, so that your knees are perfectly aligned with your upper leg, and your hands are perfectly aligned with your shoulders
2. Place the roof of your feet down flat and spread out your knees side to the sides but without moving your feet
3. Begin to move only your upper body and head back wards laying down flat
4. Place your forehead against the ground
5. Stay on the ground for about 10 seconds and then move up slowly to then go down again
6. Repeat this motion as many times you want

Both within medical stretching and yoga circles this stretching pose is one of

the best there are. It is beginner's friendly, but I recommend it to do it as an intermediary, and it both stretches and engages multiple muscle groups in your whole body. Likewise, by moving up and down it gently works out your muscles to create a balanced toned look to your whole body. Getting you ready for that beach time.

"This would be a strange bridge arc, just thought I wanted to show you; the Glute Bridge stretch"



1. Lay down flat on your back and bend your knees, and stretch down your arms, so as your heels meet your fingertips
2. While your head, neck, hands, and feet are touching the ground begin to lift your stomach upwards – using your legs, arms, and core to lift you, aiding you
3. Try to get your stomach as high as possible – the higher the better

4. Then if you want to take it up a nudge, begin to hold your hands in a fist underneath yourself, still having your feet planted firmly on the ground, and push yourself even further upwards

5. Then move your head up and down again to the ground to look down at your body and up again at the ceiling

This is one of those poses that both in medical and yoga are one of the best and most effective. It both stretches and tones your body in equal measure and get multiple of your muscle groups going. Especially your core – getting those eight-pack abs.

“Yes I can make the infinity sign, just look; sitting shoulder and triceps stretch”



1. Sit down, and meet your underside of your feet with each other, while

trying to push down your knees

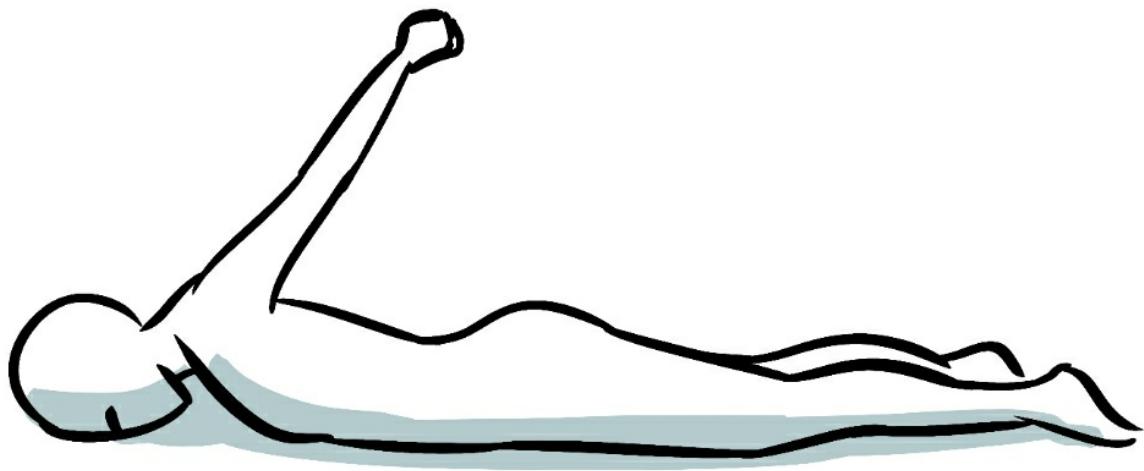
2. Then have a straight back posture, and a slight curve to your neck, by slightly tilting down your head
3. Then alternative between your right and left hands meeting behind your back
4. Repeat alternating your hands and movement of your arms
5. Do this for at least 30 seconds, or longer

“What? Look behind me? Okay; the bent over shoulder stretch”



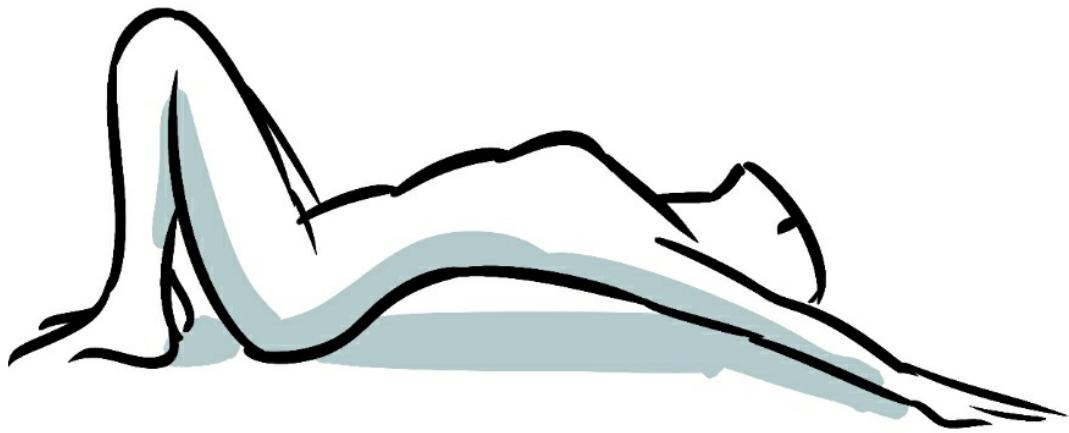
1. While standing a bit apart with your feet
2. Interlace your hands behind your back while your arms are stretched out and your back has a nice solid posture
3. Then begin to bend forward and moving your arms out without letting go of your hands being interlaced
4. If you can, try to look between your legs
5. Hold this position for at least 15 seconds, or longer

“What? Look into the ground? Okay; the lying shoulder stretch”



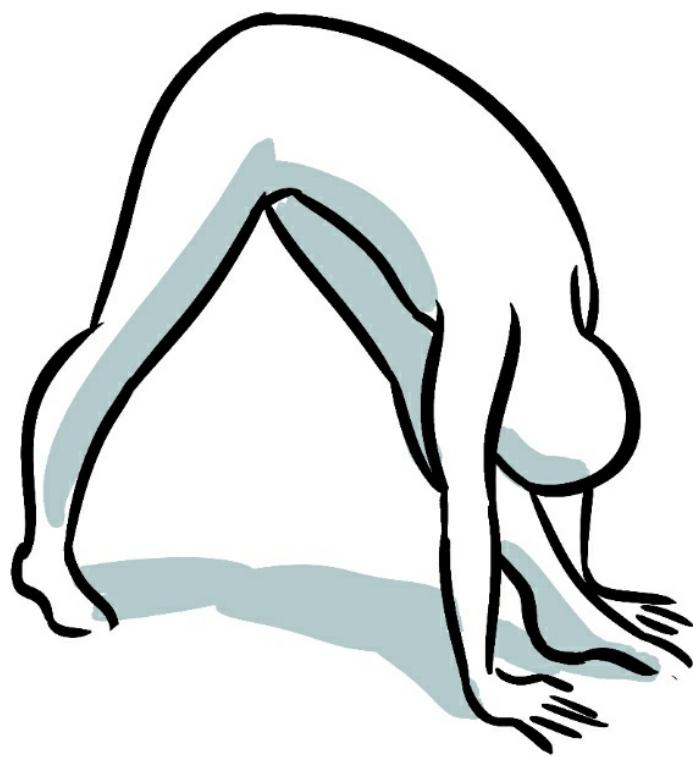
1. Lay down on your stomach and extend your feet so the roof of your feet is touching the ground
2. Like the illustration above, interlace your hands behind your back
3. Begin to lift your hands and arms without letting go of your interlaced hands
4. Hold this solid position for at least 15 seconds, or longer

“From enjoying the sunbathing, to really enjoying the sunbathing”



1. Start with laying on your back, with bending your knees
2. Stretch your arms out in a Y-pose
3. Begin with lifting your chest cavity
4. Repeat this up and down until you feel it has been enough

“The other pyramid person; the pyramid stretch”



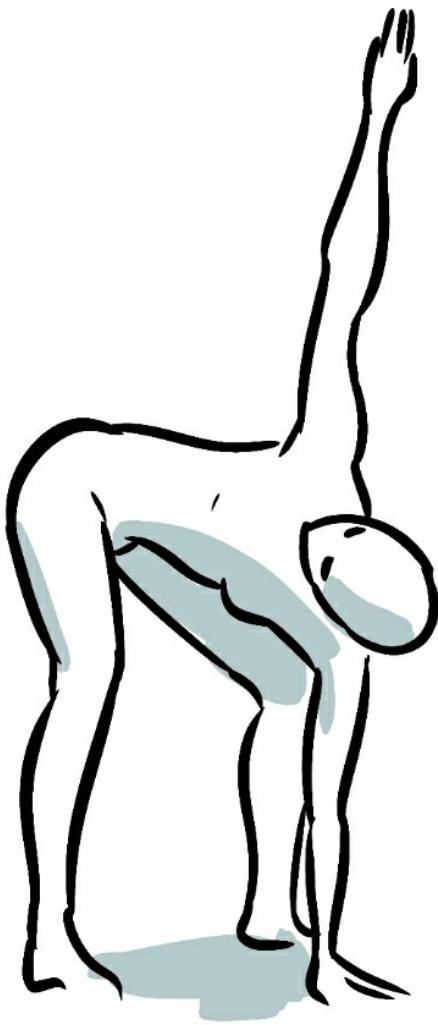
1. Begin by standing straight: nice long back and neck
2. Then pick a leg – let's pick the right one, as in the illustration – and move your right foot and leg back a bit, with a tiny pivot for balance
3. Move then your left forward a bit – if you must bend your knee then do that
4. Once you feel like you have a good hold and balance, bend down your upper body slowly, and with a long neck; to touch the ground with both of your palms
5. Do this up and down a couple of times, alternating between your leg positions
6. Then at the end you can do the yoga warrior's pose, which is to then keep your legs as they are and pivot your upper body to the side that your back

foot is orienting

7. When done, stretch out your arms to both of your sides, circling your wrist
8. You can even pivot your back arm towards your back leg
9. Do this series of poses as many times as you can

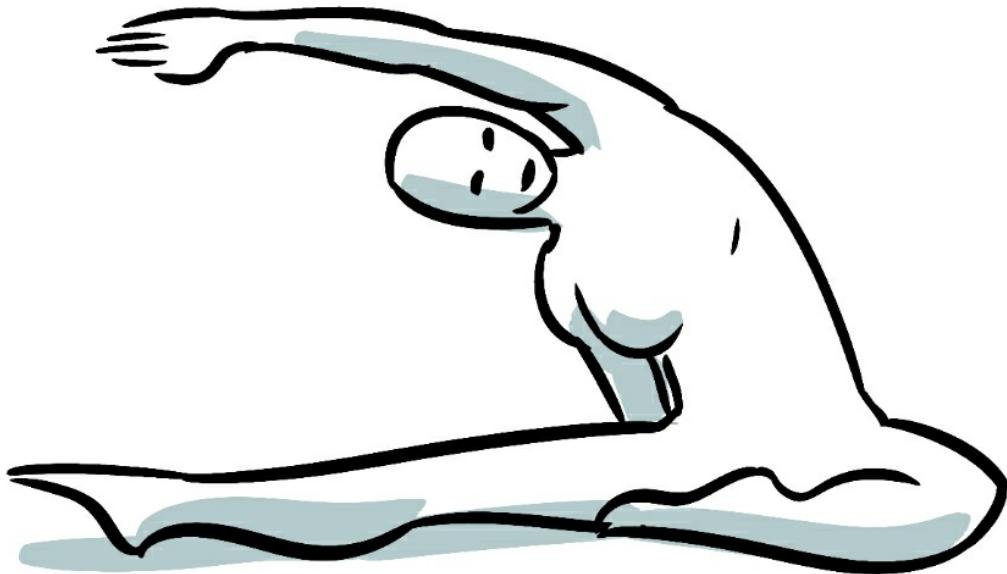
All of these alternating poses and stretches does wonders for you; for one it is one of the best balancing training poses you can do; but it also tones your leg muscles and your whole back, while stretching almost your whole body, as a whole. This one is in my arsenal every single day in my program. And I see wonders by doing so.

“I am on all four – high five!; the lower back stretch”



1. Start with being on all four, but while your legs are long
2. If you must bend your knees to get your hand palms to touch the ground then that is fully okay, over time your legs will get more and more long, and your knees don't have to bend
3. Then while your legs are fully stationary move your right arm upwards – up in the air – reaching as high as you can
4. Repeat this right and left arm-motion as many times as you can

“Look at all the bridges I can make; the seated oblique stretch”



1. Begin with sitting in a cross-legged position
2. Then pick a leg to stretch out to the legs side – so right leg to the right side.  
For example, the right leg needs to be stretched to the right side
3. Then the opposite arm of the leg you picked – in this case the left arm – is stretched out and bend towards the right side
4. Getting to that lovely bended arch, stay like this for around 30 seconds, or more

“Look at all the bridge arches I can make, part 2; the kneeling oblique stretch”



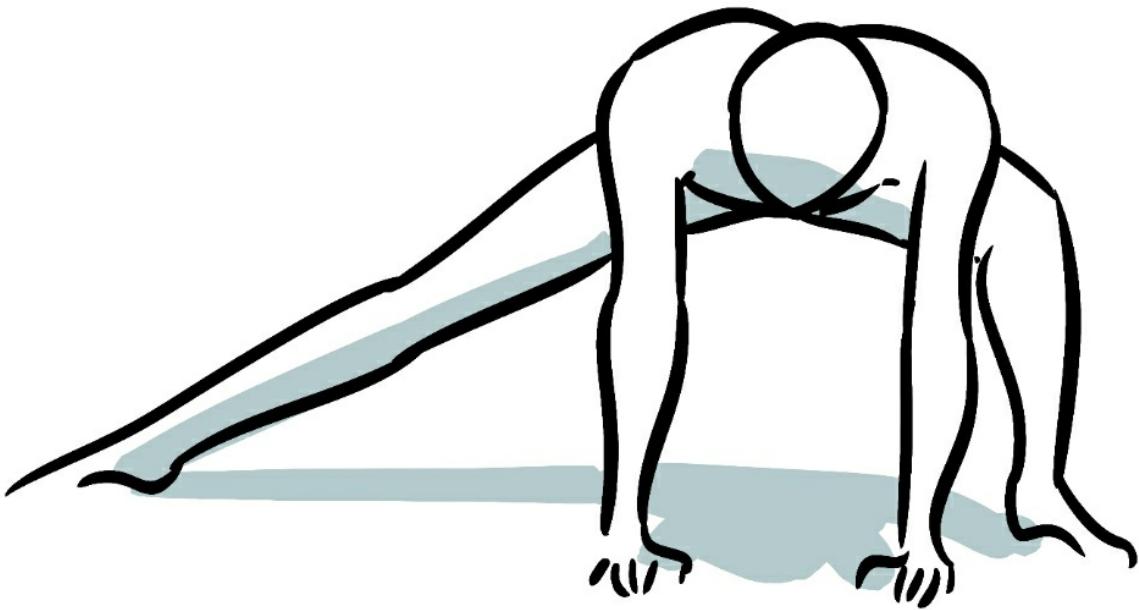
1. Begin with going down on your side as to resemble the illustration above
2. Then pick whatever side you are on, then your other arm that is not holding you, stretch that arm upwards – this should help you to arch your whole body
3. Hold for around 15 seconds, or more
4. Then the opposite side and the opposite arm arched as well
5. And again, hold that for about 15 seconds

“I am a Japanese wrestler; the Sumo squat stretch”



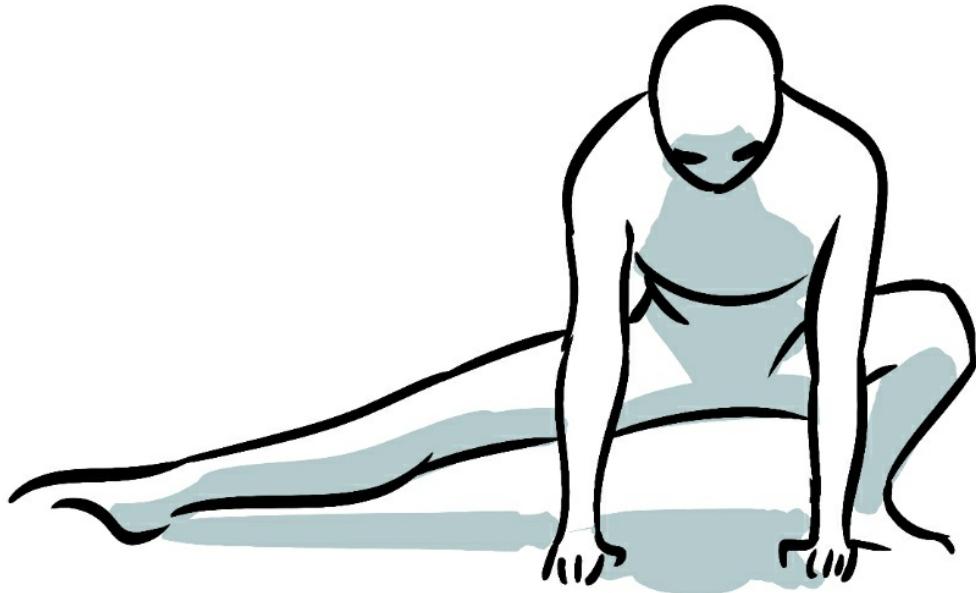
1. Start by standing straight in, having a nice long back and neck
2. Then move your feet a good way apart, try to do it as much as the graphic illustrates
3. Now trace your hands now down your legs until you hit your front angles: try to at all times to keep a long back
4. Once you are in a squad look ahead
5. Hold this position for at least 30 seconds, or more if you can – the longer you hold the more toned your leg and butt muscles will be

“Superhero landing; the lateral lunge stretch”



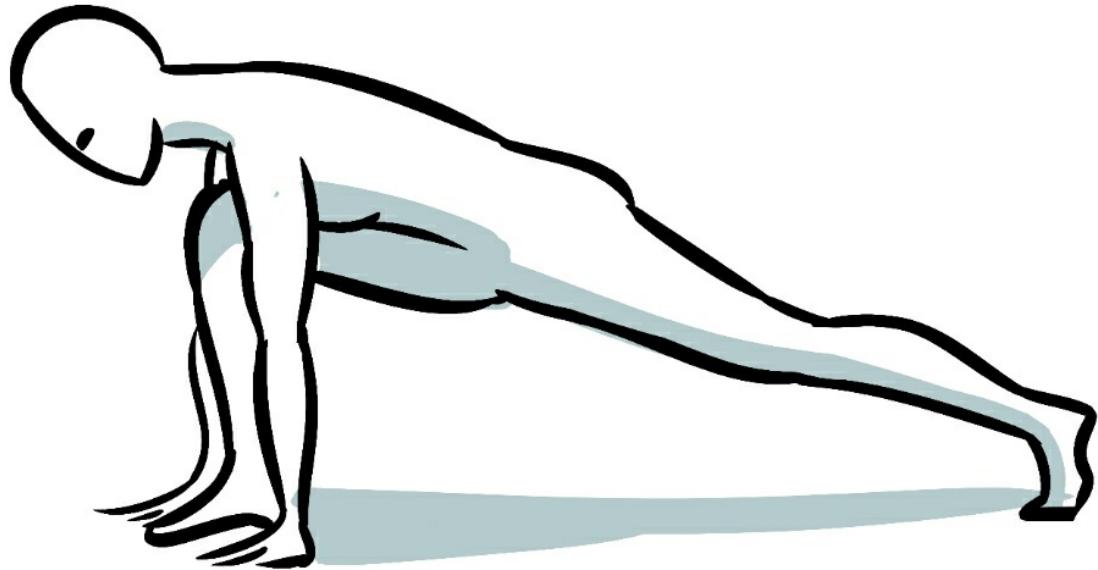
1. Start by standing straight having a nice long back and neck
2. Then move your feet a good way apart
3. Stretch your arms and land them, palms flat on the ground, out in front of you
4. Once you are in this squad-like position with your legs – begin to stretch your right and left leg to the side, one after one
5. Do this for at least 30 times total, or more if you can; like some of the other one's this exercise gives you both stretches and full-body muscle toning

“Still superhero landing, but a bit less; the low side lunge stretch”



1. Start by standing straight having a nice long back and neck
2. Then move your feet a good way apart
3. Stretch your arms and land them, palms flat on the ground, out in front of you
4. Then move down so you sit in a frog-like position
5. Once you are in this squad-frog-like position with your legs – begin to stretch your right and left leg to the side, one after the other. Move your right leg stretched to your right side while holding yourself up with your hands and your left leg – alternatively look at the illustration
6. Hold this position for at least 15 seconds, or longer
7. Alternate with the other leg so your left one, in this case, and repeat

“The actual runner’s pose; sprinter stretch”



1. Begin by being in a stretched-out plank pose; you can be in this pose as long as you want – it will both tone your body and stretch you out
2. If it gets to be a bit much, then go down on your elbows and situate your hands where they are the most comfortable
3. Then pick a leg, move that leg up so that your foot is directly underneath your knee – try to push your bend leg as close to your chest as possible
4. Stay in this position until you feel contend and find firm footing
5. This move is a bit advanced, so try it out at your own leisure – I put it in intermediary because it can be done by an advanced intermediary. Your arm that is the opposite as your leg that is being bend – so if your bend leg is your left leg, then your right arm, for example. Begin to be as sturdy as possible and move your arm upwards in the air slowly

6. You repeat this up and down motion a couple of times and then do the same with the other leg and arm until you absolutely cannot do it any longer.

This is one of the best muscle toning exercises, that also stretches, and is a stable within yoga itself.

“I am on all four, high five! Part two; the half-moon stretch”

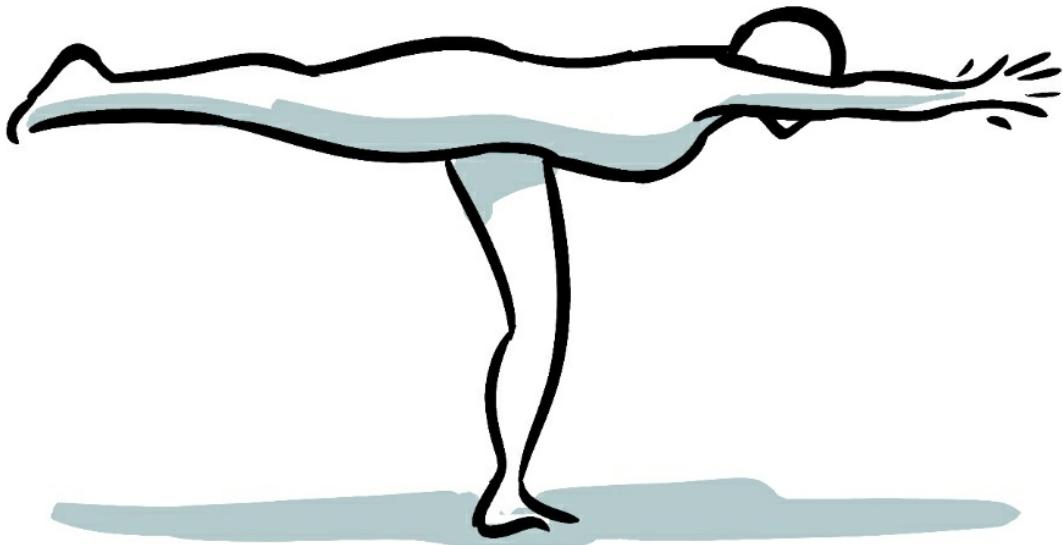


1. Begin by standing straight, neck and back long: a nice strong mountain pose
2. Then while you are keeping your legs straight – or bend a bit your knees if your legs have been neglected for a while – you have to hit your fingers on the ground, while your arms are stretched out
3. Once you have a sturdy stance, pick a leg – let's do the left one, as in the illustration – and begin to push that leg slowly upward: the goal here is to create a plank in the air while your other leg and arms are balancing you
4. Once you got your air-plank going, take your opposite arm than your outstretched leg – in this case your right arm – and move it up and down, first reaching for the sky and then back to the ground again

5. Do this for at least 5 repetitions, and then shift leg and arm positions, and then repeat

Like some of the other poses here this one comes from ancient Indian yoga techniques, and is tested and proven to improve your balance, flexibility, strength, and give your body a toned look. This one is basically a must.

“I am on all one, plank in the air; warrior three pose stretch”



1. Begin by standing in mountain pose, meaning sturdy straight legged, back, and neck – with your arms stretched down your side
2. When you have gained a sturdy feel throughout your whole body, begin to bend forward with one of your legs sticking out creating a plank pose from the crown on your head to the roof of your feet
3. Then slowly stretch out both of your arms as to extend the plan and bend a

bit in your one leg that is holding yourself up, sturdy and strong on the ground

4. Imagine that on your planked leg your foot is pushing against an imaginary wall, pushing and pushing

5. Hold for at least 15 seconds, and maybe more if you can

6. Then change legs and repeat

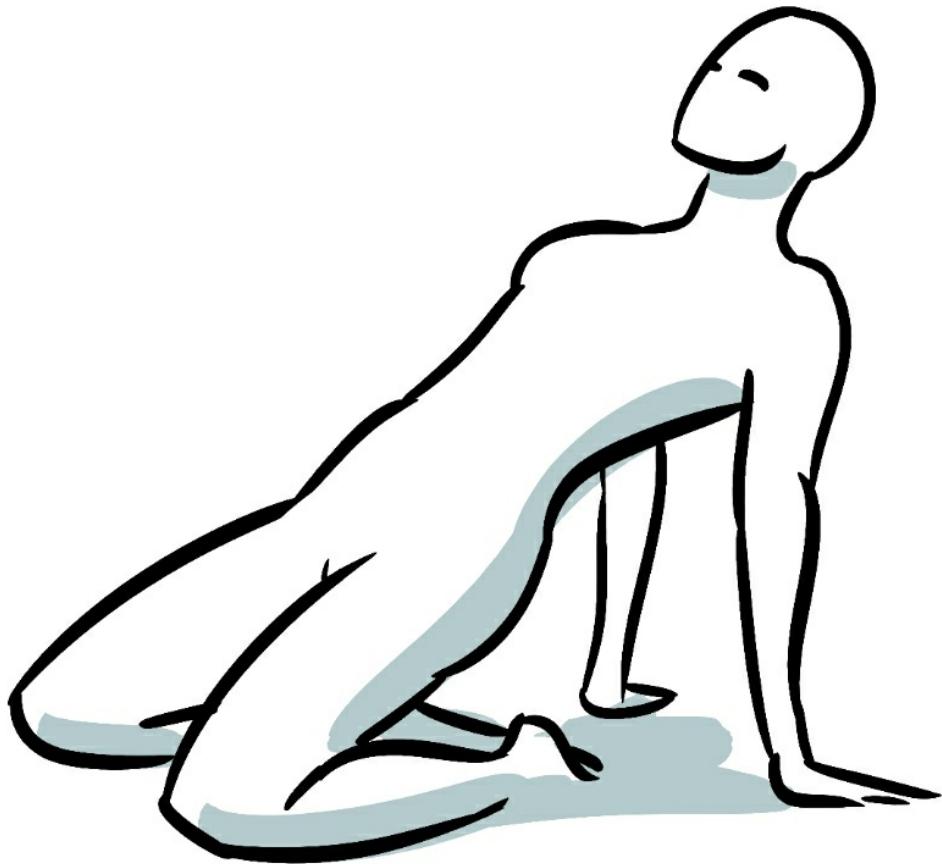
"I am on all two, high five!; the side plank stretch"



1. Begin in plank pose: fully outstretched, held up tight by your arms, gazing right down to the ground
2. Then pick an arm – does not matter which one because you are doing the other right after – and oscillate that arm to reach for the sky: moving your feet and legs close together
3. Hold for a bit, with other arm holding you up, and then change arms
4. Do this at least three times for each arm: it is supposed to shake a bit

This pose is just flat out great if you want to both gain great muscle in your back, to alleviate all that sitting on that pesky desk. While also toning your arm and shoulder muscles. This pose is highly recommended!

“Fully lifted bridge arch; reclining hip flexor and quad stretch”



1. Go down on your knees however far apart or close together as is comfortable for you
2. Then begin to lean back until you must use your stretched-out arms and hand palms flat on the ground in stabilizing yourself
3. Orient your fingers as much behind you as possible without moving your actual arms themselves
4. Begin to thrust your pelvic floor and stomach diagonally upward – up and down, until you cannot do this any longer

“Strange-looking sprinter’s start; forward lunge squat stretch”



1. Begin in a frog position, with bend knees and legs, and your arms fully stretched, palms flat on the ground
2. Then pick an arm – let’s say your left arm, as in the illustration – now using your left leg and your right arm to stable yourself you stretch your left arm backward and your right leg upward so you can grab your right foot
3. With your right leg suspended in the air, try to hold this position as long as you can – if you start to shake a bit, then that is just your body shaking itself up to be perfect, and keep going for a little bit longer
4. After you are done with your left arm and right leg – switch it up and do it again
5. This one is a hard one, so choose this as one of the crescendo exercises for that day to make yourself really proud

“high five behind while sitting; the lateral twist hurdle stretch”



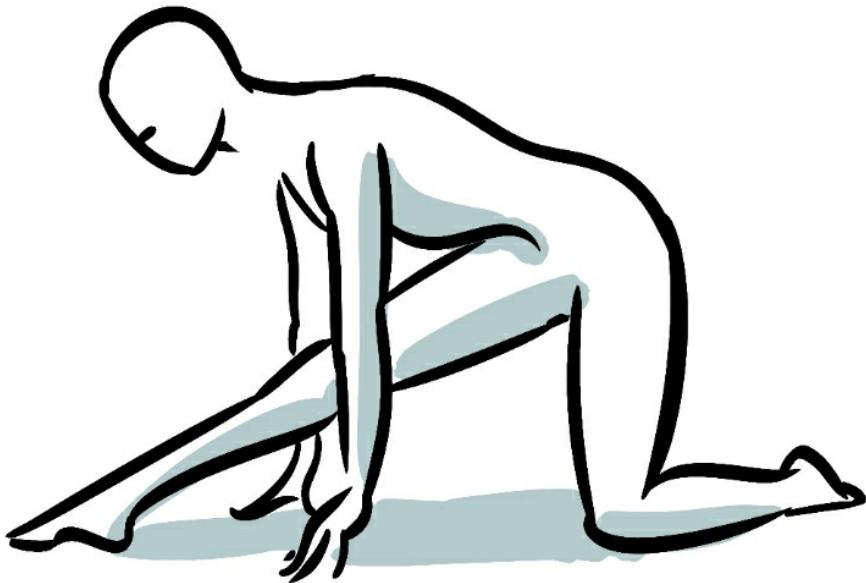
1. Start by sitting on the ground with your legs stretched out side-by-side, and with a long back and neck
2. Then pick a side – let’s say left side, as in the illustration – and take your left arm to circle back behind you to place your palm on the ground there
3. When you are nice and situated, circle your left leg now bend behind you as well
4. Now follow with your right arm to push you into a twist
5. Twist for as much and as long as it doesn’t hurt
6. And then repeat with your other side

“The long ball; single leg seated hamstring stretch”



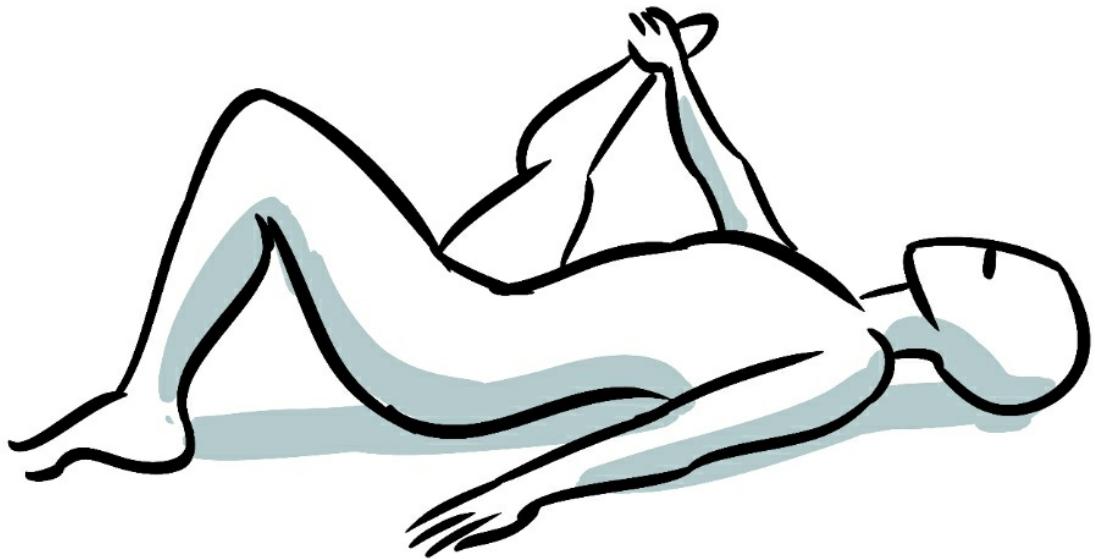
1. Start by sitting on the ground with your legs stretched out side-by-side, and with a long back and neck
2. Then gently bend down and grab the underside of your feet, and your head between your legs
3. Hold here for as long as you can

“Inefficient runner’s launching pose; the kneeling hamstring stretch”



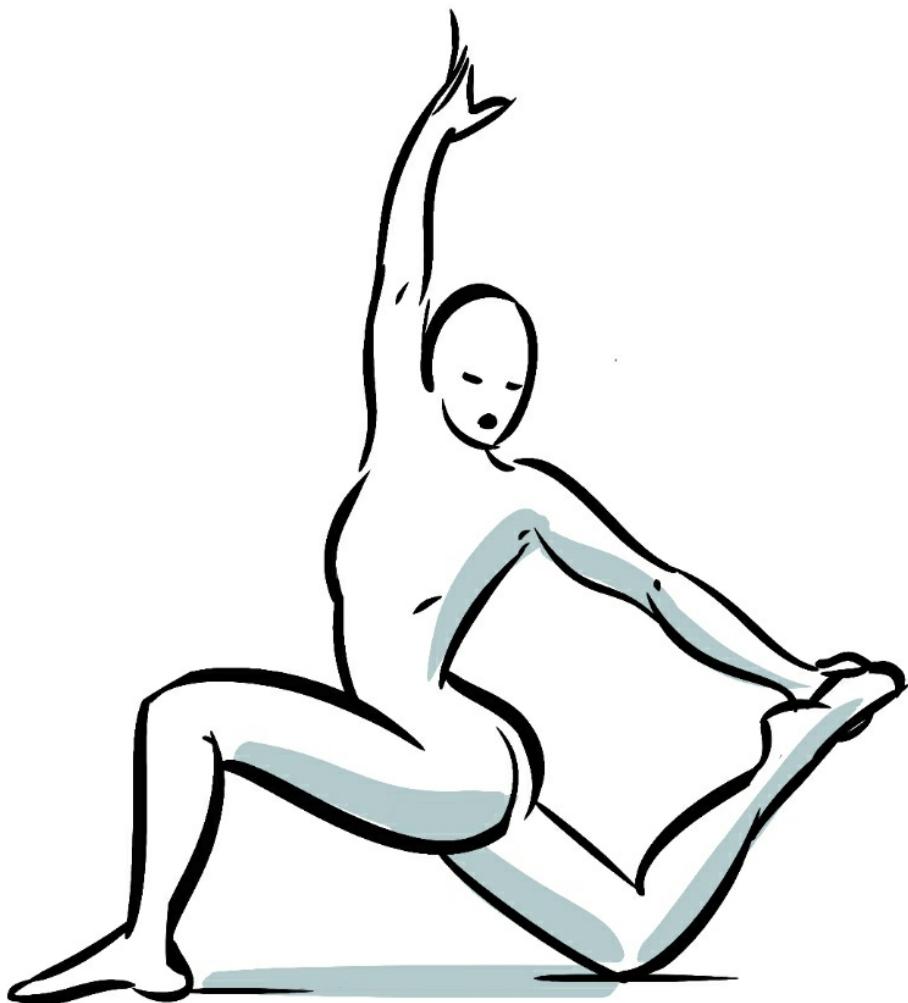
1. Go down on your knees while being straight up with a long back and neck
2. Then pick a leg, let's say the left one, to then stretch out your left leg, right in front of you
3. While doing this situate your fingers in front of you and your leg in between your arms like a runner's pose
4. Hold for as long as you can
5. Repeat with your other leg

“No no, this is how I sleep comfortably; laying lateral hamstring stretch”



1. Begin by laying on your back, arms down your side and bend knees
2. Now pick a side – let’s say the right side, as in the illustration above
3. Grab your right foot with your right hand
4. Begin to go to the right side with your right leg, while not letting go of your feet
5. Hold on for as long as you can without moving too much
6. Repeat with your other leg

“I was a ballerina in my past life; the crescent lunge stretch”

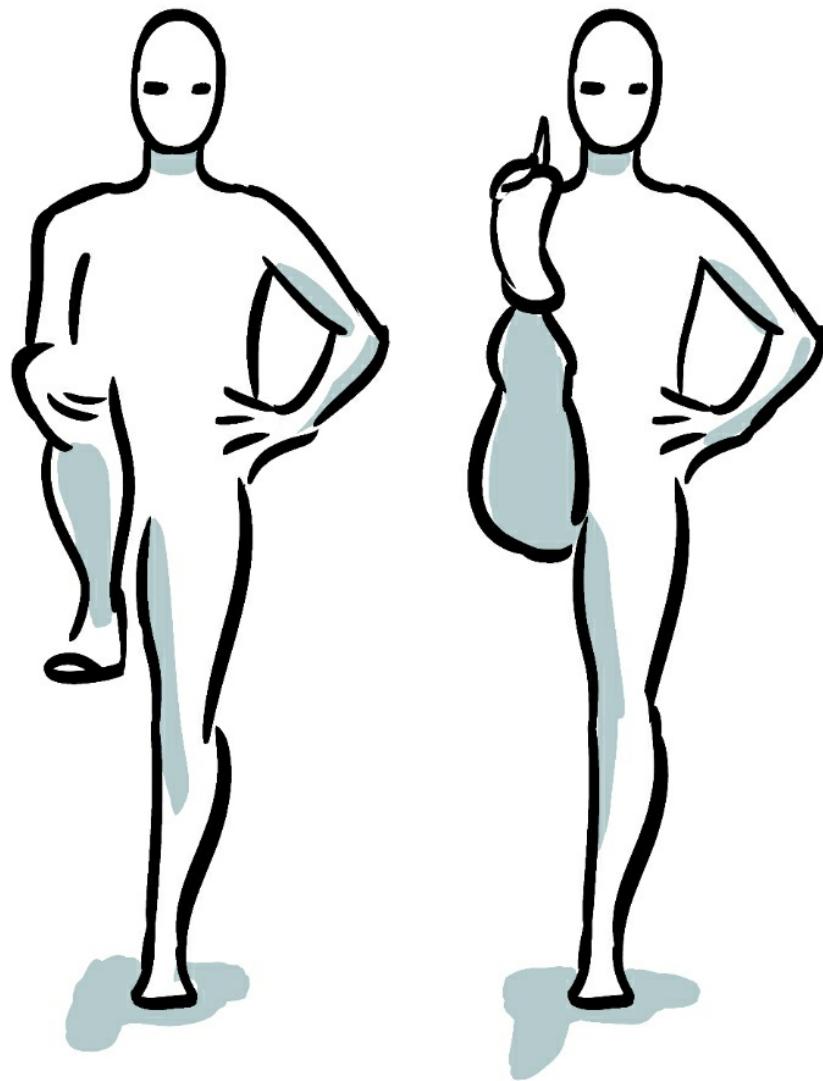


1. Begin on your knees having a stretched back and neck
2. When you have situated the roof of your feet sturdy on the ground; pick a leg – let's say the left one, like in the illustration above. While using your hands as the balancing act move your left leg in front of you so your left foot steadies itself on the ground
3. Now in your strong pose, stretch out your arms and slowly reach them up into the sky – reaching for the clouds. Remember to have a nice and long back and neck at all times
4. Take your right arm, while your left is reaching for the sky, to slowly go back and grab your left foot lifted off the ground
5. Alternate with your other side and repeat and hold as much as you can, at

least for 5 long deep breadths

This pose is flat out amazing. It gives you all the balance you will need in life and you also both stretch and tone all the right muscles. This is in particular perfect for your lower back.

“The eagle’s toe hurt, so it flowed to the crescent, part 1; the big toe stretch”



1. Begin by standing in mountain pose, meaning sturdy straight legs, back, and neck – with your arms stretched down your side
2. In gaining balance, pick a leg and bend it, with your hand grabbing your leg: while balancing on your other leg, with your other arm holding your hip in a half superhero pose, look at the illustration for reference
3. Then slowly extend your bended leg, with your arm following your now stretched horizontal leg in the air
4. Alternate for as many as you see fit

This one is great for establishing balance!

“The eagle’s toe still hurt, so it still flowed to the crescent, still not finding it, part 2; the big toe stretch”



1. After you have gotten a good stretch with the above big toe stretch part 1, then move on from your bended held leg and pivot without moving your core, but only your leg. Do this slowly if your balance is untrained
2. Then slowly do the same as you did with big toe 1 in that you stretch your bended leg with your arms horizontally
3. Alternate between these until you feel like it is enough

Again, this one is great for establishing balance, like big toe 1!

“The eagle’s toe still-still hurt, so it still-still flowed to the crescent, part 3; the eagle pose stretch”

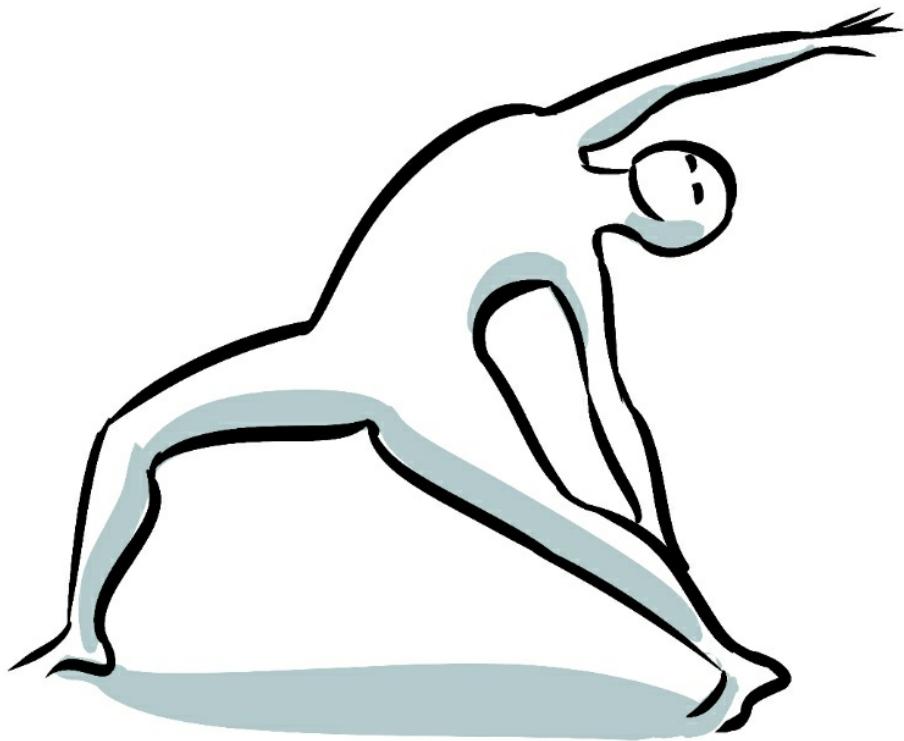


1. As with the two other parts of this series of poses, begin in mountain pose; standing strong and long with your legs, arms, back, and neck, with your feet together
2. When you have gained a sturdy position, feeling the energy running from your feet to your head, ensnare and circle around your arms in front of your head
3. Once you have done this and found your center of gravity, pick a leg and do the same with your other leg that is steadyng you
4. Hold this pose for at least 30 seconds and then switch legs

Long fluid motions are key here to not fall and to get you in touch with your

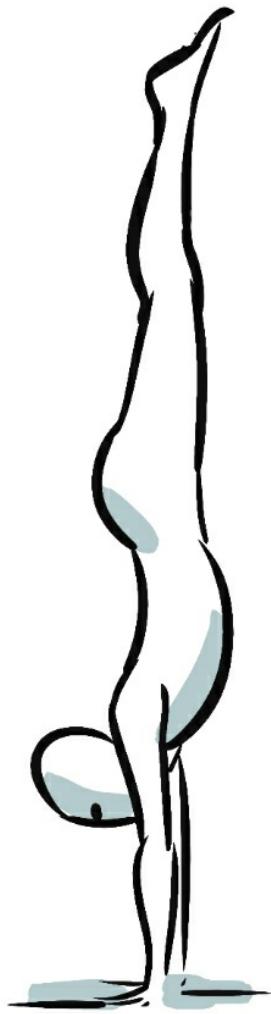
body, enabling a stronger balance.

“I saw the plane, it flew that way; the triangle stretch”



1. Begin in a nice upright mountain pose standing straight with your long back and neck
2. Once noticing your energy running from your feet to your crown, pick a leg – let's do the left one and orient it back while pivoting your left foot
3. In the same motion move our left leg into a bend forward
4. Find a firm footing here and a strong balance, once you have done that reach for the sky with your arms in a nice long stretch
5. Then pivot your left arm down to your left angle with your left hand, this while bending backwards orienting your right arm behind you
6. Hold this position for at least 30 seconds, or longer
7. Do it again just with the other limbs

“I am a kid again, I can go upside down; the downward-Facing Tree stretch”

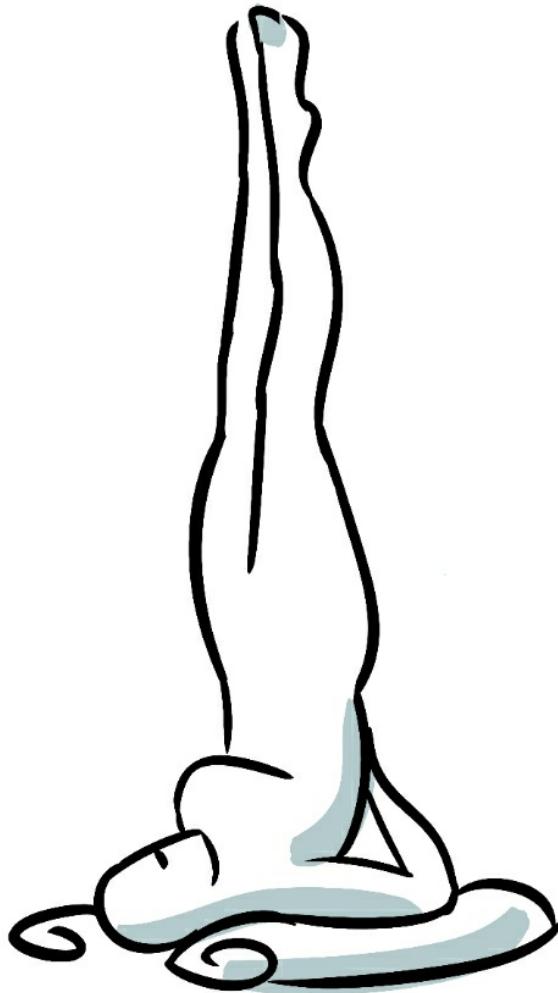


Note: This is a hard intermediate pose and should be done for the first time against either a helper to catch your legs, or a wall to lean on.

1. Begin in mountain pose; standing strong and long with your legs, arms, back, and neck, with your feet close together
2. Gain momentum with your whole body to launch yourself on your hands, moving up against a wall, or a person, to catch and situate you, helping you find a perfect balance
3. Once situated, stretch out your whole body as much as possible and hold for as long as you can – try at least 15 seconds, or longer

This is excellent for blood flow, headaches, and both strength and balance!

"I am a kid again, I can go upside down again, part 2; the supported shoulder stand stretch"



1. Find a wall, or a helper, place something soft on the floor close to the wall or person
2. Situate yourself close to the wall or person and creep yourself up so you lie on your shoulders looking up at your feet, up in the sky
3. If you can now move away from the wall or ask the person to step away from supporting you, since you now need to use your core to hold yourself straight up in the air

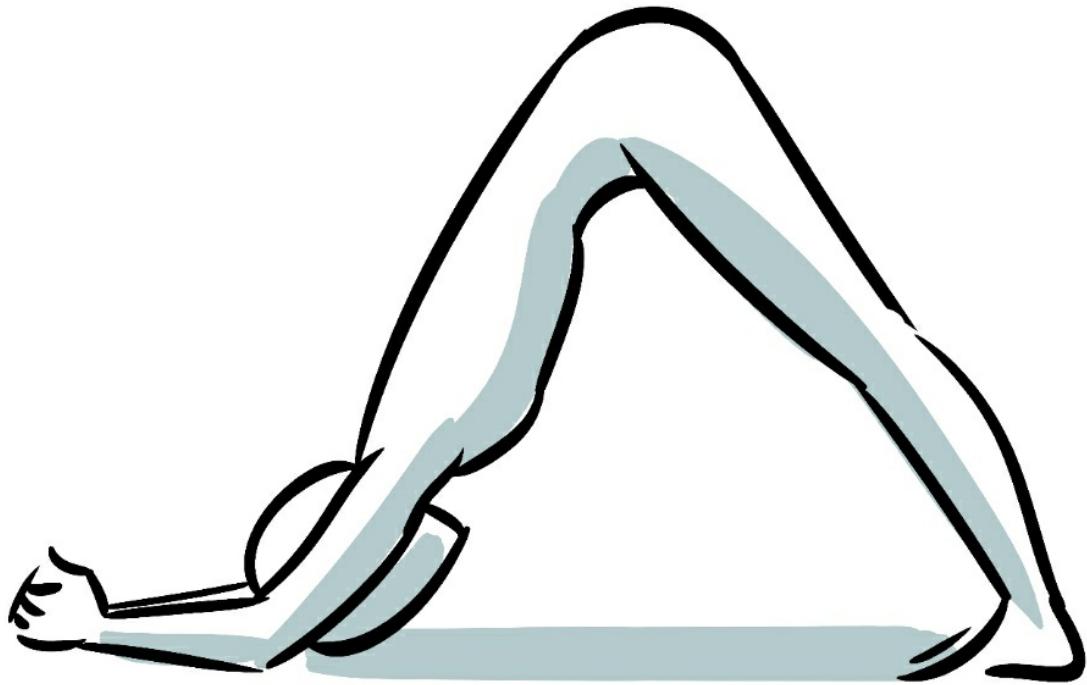
This exercise is rather advanced, but once you got it down it is perfect for your upper back, and muscle tones your core as well. While increasing your blood flow in your whole body.

“I am a boat, everybody I am a sailing on a boat!; the boat pose stretch”



1. Begin by sitting up right; straight back and neck looking ahead, and your legs outstretched on the ground
2. Now lift your arms out-stretched mirroring your legs, like you are ready to receive someone going in for a big bear hug
3. Once you have situated yourself slowly lean back on your rump, finding your balancing point and begin to feel your core working wonders
4. Stay in this pose for at least 10 seconds, more if you can, it is really good for your abs
5. If you want to work them abs, begin to whish your feet up and down in a rapid motion in the air. You can even do this while you are laying down on your back as well

“I am a dolphin, swimming next to the boat!; the dolphin pose stretch”



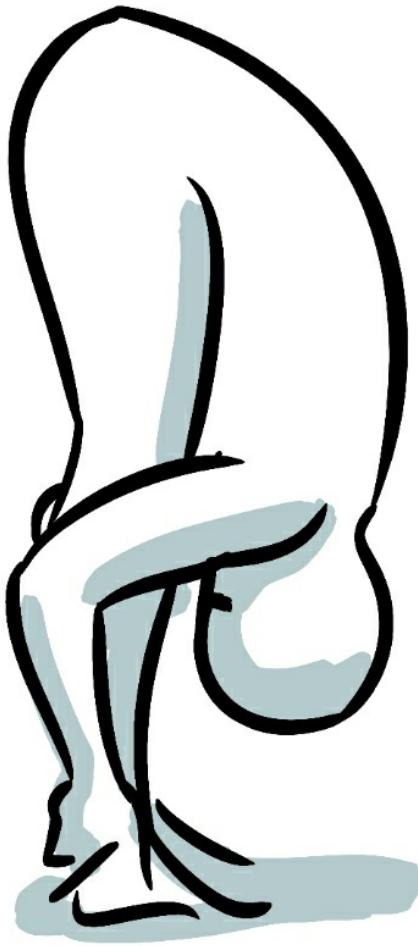
1. Begin in a nice downward dog position, or pyramid pose; essentially be on all four holding yourself up by your palms and arms and feet and legs
2. Then once you have found your center balance, move down on your elbows. Remember to always have a straight back and neck
3. Hold this position for at least 15 seconds, or longer

“When a yogi sleeps on their stomach; the head-to-knee forward bend stretch”



1. Begin in a nice straight backed and necked sit
2. Pick a leg, any leg, and stretch it out. While the other one should be moved and bend in so your foot meets your inner thigh
3. Situate your upper body towards the out-stretched leg and begin to move down towards it
4. If you can get all the way down so your forehead hits your leg then that is your goal
5. Hold this position, at whatever bend you are, for at least 15 seconds, or maybe even longer

“There is something behind me; standing forward bend stretch”



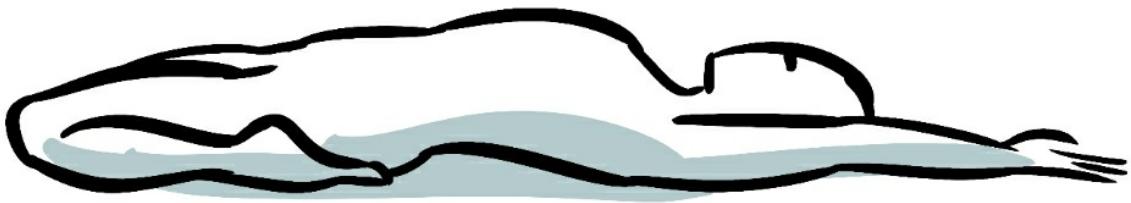
1. Begin by standing straight, neck and back long: a nice strong mountain pose
2. Trace your hands all the way down to your angles and hold
3. Try not to bend your knees, or at least bend them as little as possible
4. Keep this pose for at least 30 seconds, or longer

“Yes, I can do a full split, who do you think I am; the monkey pose stretch”



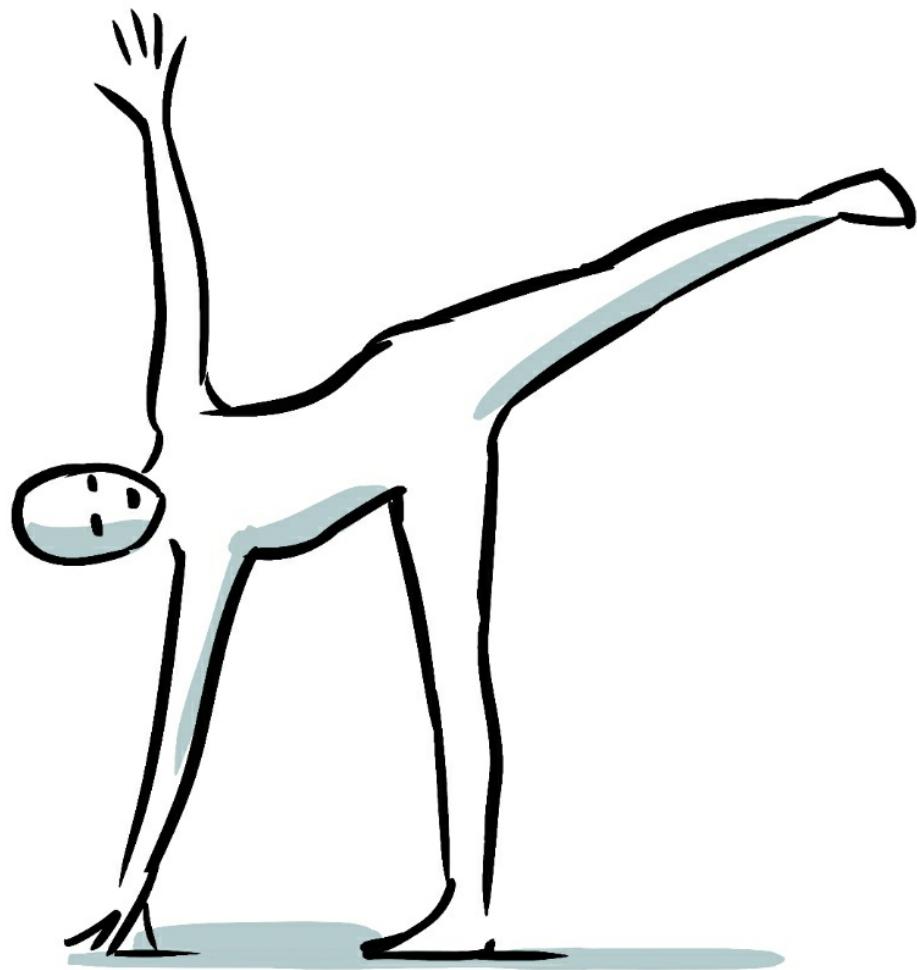
1. While standing in mountain pose with a straight back and long neck looking forward
2. You slide down your legs slowly going further and further apart until you hit the illustration above
3. Until you are all the way down you lift your arms in a namaste over your head, reaching for the sky
4. Hold this pose for at least 10 seconds, or longer

“This is how I find myself; the hero pose stretch”



1. Get into a sit where your legs are fully stretched out
2. Bend your legs inward
3. Lean yourself back, using your core strength to not slam your back against the ground
4. Once flat down on your back with your neck straight and your head looking right up at the sky; extend your arms flat past your head
5. Lay like this for at least 10 breadths, or more

"I am practicing the windmill; the half-moon pose stretch"



1. Begin by standing in mountain pose, meaning sturdy straight legs, back, and neck – with your arms stretched down your side
2. Then whenever you are ready drop to a side you choose – let's pick the illustrations side and say your right side
3. You catch yourself with your right out-stretched arm, balancing between your right leg and right arm
4. Then stretch out your leg horizontally, and your left arm upwards for the sky, vertically
5. Hold here for at least 15 seconds, or maybe even longer
6. Repeat with your other side, other leg and arm

### 3 ADVANCED

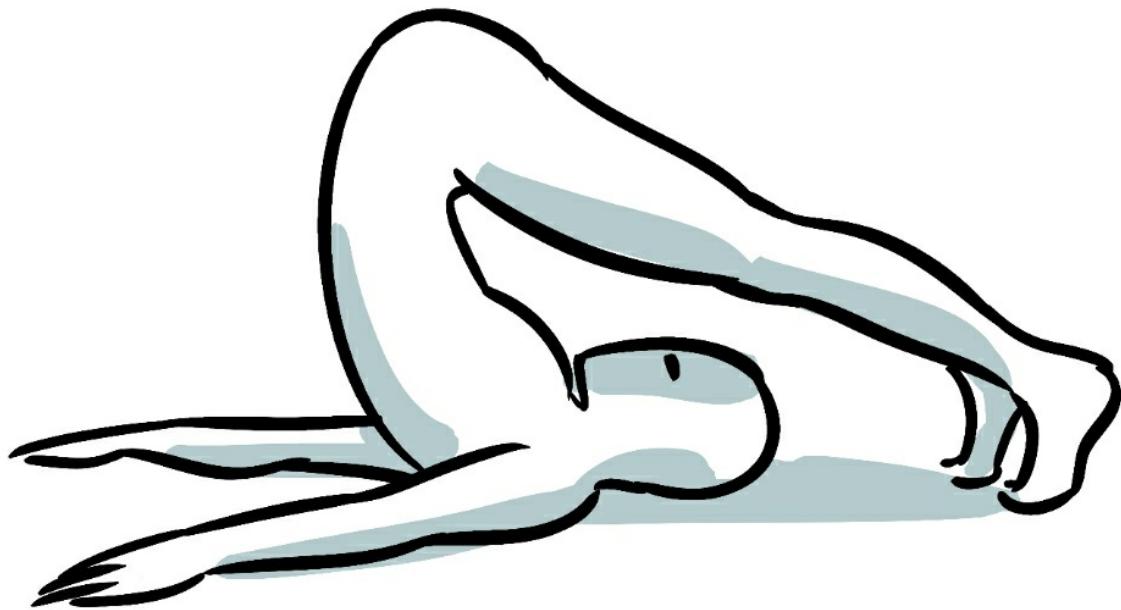
“See me my loyal pigeon subjects!; the king pigeon pose stretch”



This position is advanced and should not be attempted by a beginner without oversight

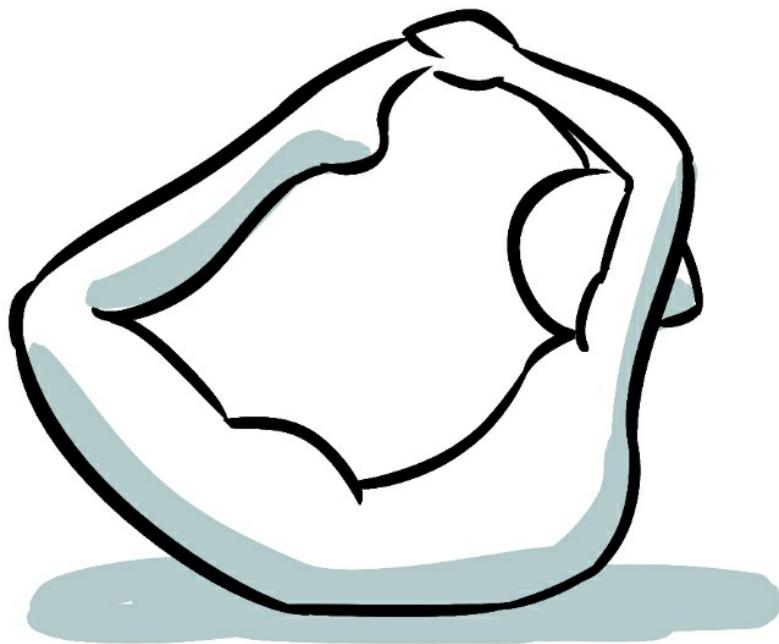
1. Begin by sitting on your knees straight neck and long back
2. Once you have your balance begin to arch your back backward as much as you can, until you hit the ground with your palms behind you
3. If you can try to move further down so you are on your elbows, touching the crown of your head on the ground itself
4. Hold for as long as you can at whatever arch you have managed to get to

“See! I can roll in place; the rollover stretch”



1. Begin with laying on your back
2. With arms stretched down your side and palms flat on the ground
3. Begin to swing your legs up and behind your head
4. Do this multiple times, it may look silly, but it is incredibly good for your body

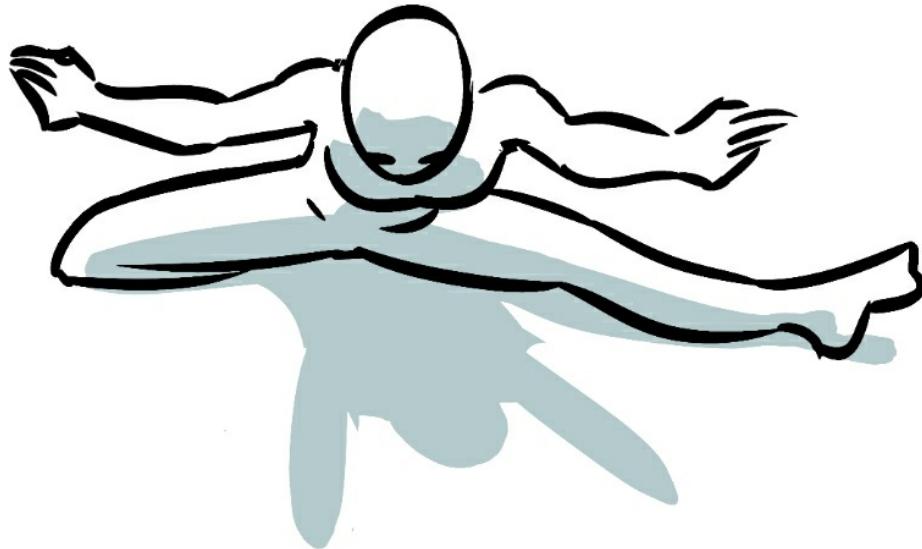
“Put some cereal in me; the bowl stretch”



1. Start by laying flat on your stomach, enjoying the relaxation
2. Now start to grab your feet with your hands; left hand grabs your left leg, and right hand grabs your right leg
3. When having a nice and long neck, looking directly down into the ground
4. Begin to create an arch, or a bowl, using both your arms and legs and core
5. Hold it for a bit to then repeat it

This one is really good especially for your core, and both stretches and tones your body.

"I am close to finishing innovating on my praying; the arms extended hurdle stretch"



1. Start by sitting on the ground with your legs stretch out side-by-side, and with a long back and neck as well
2. Then pick a side – let's say right side, as in the illustration – to bend back your right leg
3. Push out your left leg stretched to the left side
4. And begin now with your arms stretched out to do a bow
5. Hold here for as long as you can
6. And repeat with your other leg

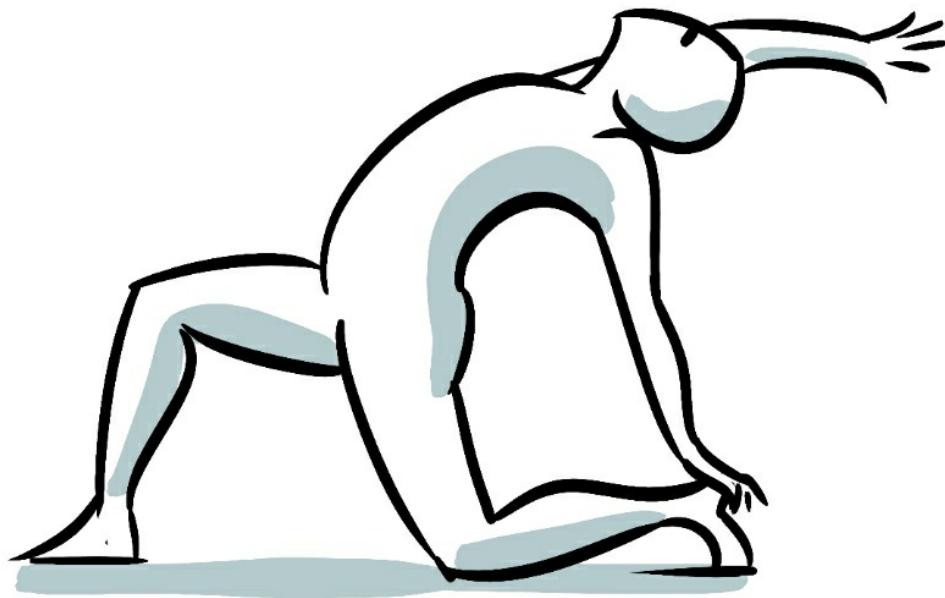
“Tip toing cannonball; toe and foot stretch”



1. Start by being in a hunched frog position; on both your feet and your hands
2. Then shift your weight forward, while pressing sideways against your study arms
3. Do this slowly until you aren't touching the ground any longer and you have found your balance point being sturdy on the ground
4. Stretch your feet behind you and hold for as long as you can

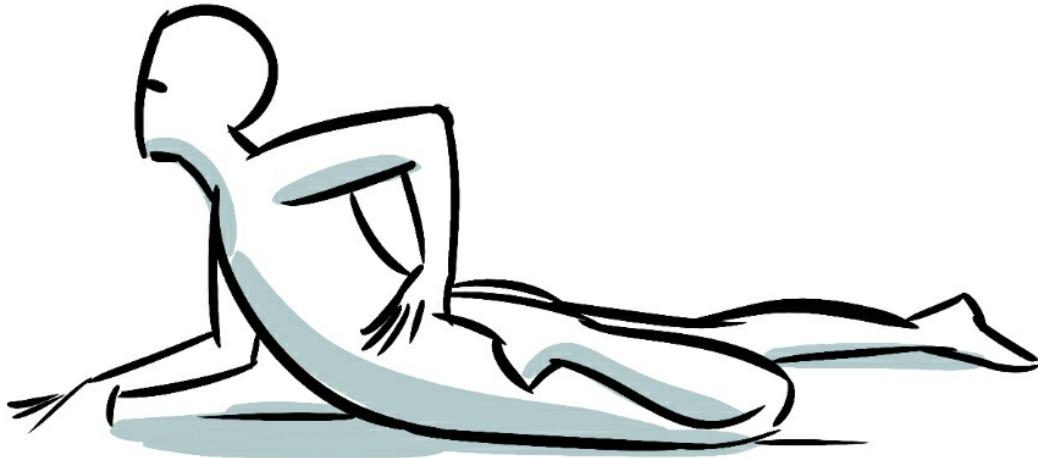
This exercise is amazing since it betters your balance; it focuses on a neglected area such as the feet; and you are toning your muscles on your arm as well – all in one exercise

“Star gazing while being in runner’s launch pose; the half camel pose stretch”



1. Start on your knees, while being upright, having a nice and long back and neck
2. Pick a leg – let’s say the right one, as in the illustration above – and move it out in front of you, while your back left foot, move up to stretch your toes against the sturdy ground
3. Move your out-stretched arms upwards, reaching for the sky
4. Then meet your left hand with your left heel, leaning your whole upper body backward, creating a nice arch
5. Help this stretch out with your right arm stretching yourself downward as well
6. Hold for at least 10 seconds and do the same again, but this time switching out your legs and arms

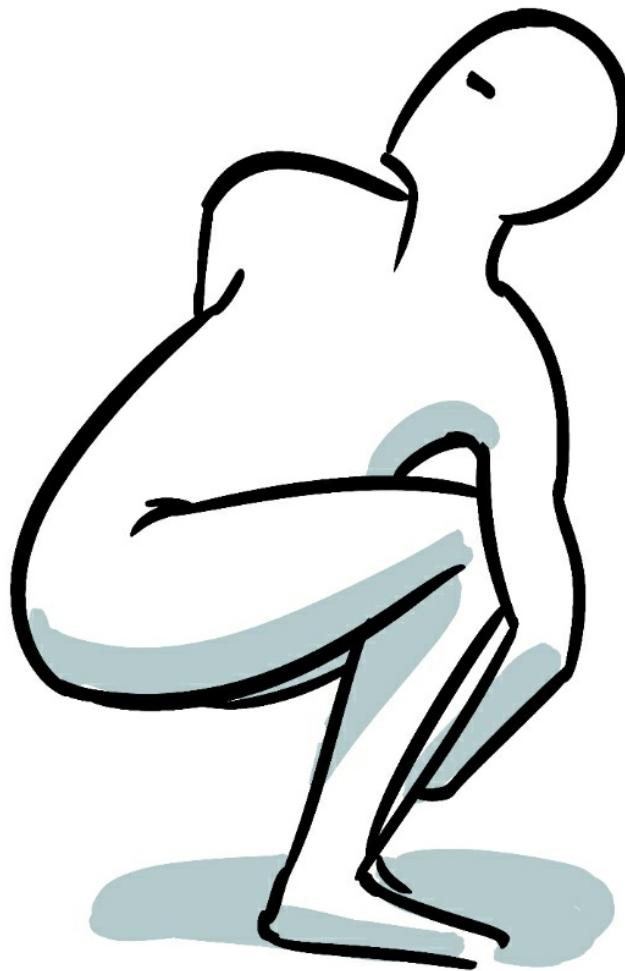
“When I am a frog and I am in a science class; the half frog pose stretch”



1. Start with being flat on your stomach
2. Begin now to move your arms underneath your head and lift your upper body upwards
3. When you have gotten to a nice upward arch, pick an arm, any arm, and bend your leg linked with that arm, for example see illustration
4. Try to bend your leg as much as you can, if you hit your upper leg then that is your goal
5. Stay in this position for at least 15 seconds, or more

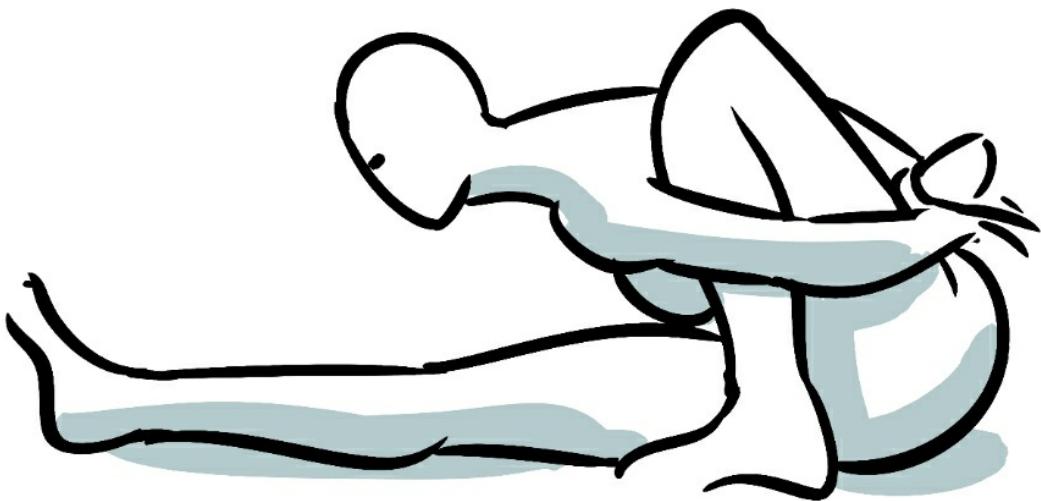
This position is perfect if you have knee pain or working out lower back and stretching out your hamstring.

“Yes, you were saying something?; the noose pose stretch”



1. Start by going down in a squad, not using your arms on the ground but holding you up using your feet and bend legs
2. Then intermingle your hands together in a strong link underneath both your shins
3. Now slowly and being aware of your body, especially your lower back, begin to turn on your core's axis behind you twisting
4. Get as much of a twist in as you can, stay for at least 10 seconds
5. Do it again twisting to the other side

“One person twister; Sage Marichi 1 stretch”



1. Begin in a nice straight backed and necked sit
2. Pick a leg, any leg, and stretch it out. While the other leg should be moved and bend in all the way
3. Interlace your arms as much as you can behind your back
4. Begin to bend your upper body forward towards your stretched-out leg
5. After done with the first leg, do it again with the other

“Look I’m a bend up crow; the crow pose stretch”



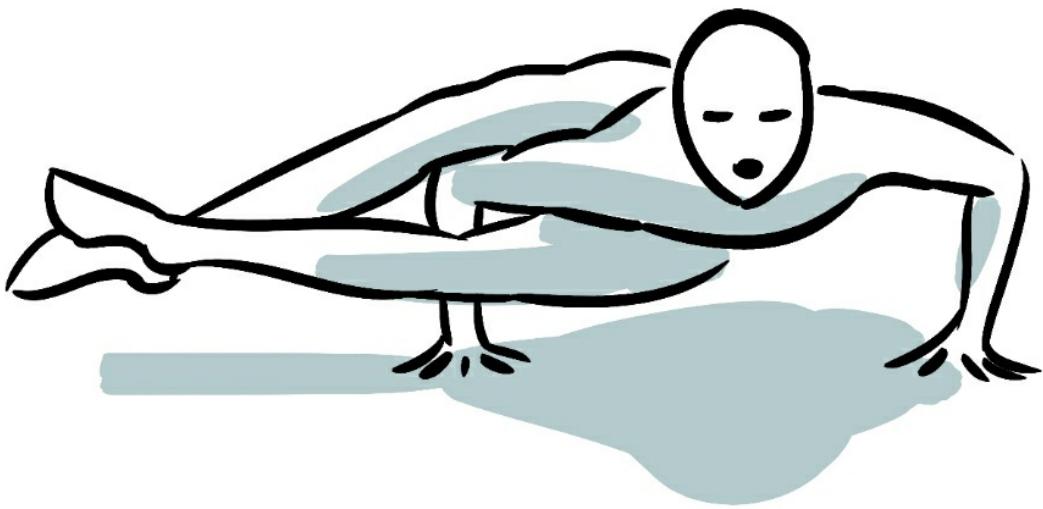
This is an advanced position that will take training to perfect, a beginner, maybe even an intermediate shouldn't try this without professional oversight.

1. Start by going down in a squad
2. Then rock gently more and more over to your hands and arms
3. When you have reached that your arms are the only ones that can hold you up
4. Lift your legs using your core and back strength, while using the tension against your arms from your legs as the stabilizing balancing act for you to get sturdy

If you can get this move down, then it will hands-down to wonders for you. It will propel your balance to the next level; tone your arm muscles nice and

good; and build up your back and core strength.

"Last couple of one's, so we are getting very difficult now, the first one; the eight angle pose stretch"



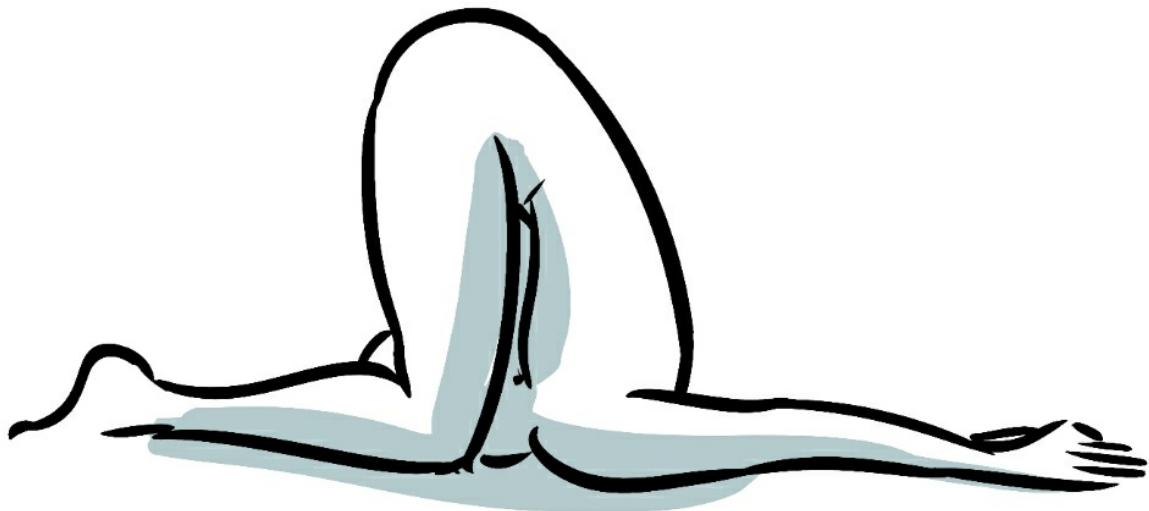
Only attempt this one if you are advanced and your lower back can go into a full twist.

1. Start with sitting in a nice seated, Lotus pose, position
2. Once you have grown up the courage to do this eight-angle pose, you pick a side, let's do the illustration's side and do the right one. Here you jam your right arm in between your legs
3. Steady the other hand, pivot your core and lower back body into a full twist
4. Then shift your weight and balance to tip over catching yourself with your hands and mirror that of the illustration above

## 5. Stay for as long as you can muster

This position both looks advanced and it is. It is meant for people who have stretched for at least half a year every single day. And it will still provide immense benefits for you, obviously in flexibility, but also in strong muscle arm and core toning.

“I’m a scared ostrich; the ear pressure pose stretch”



Only attempt this one if you are advanced.

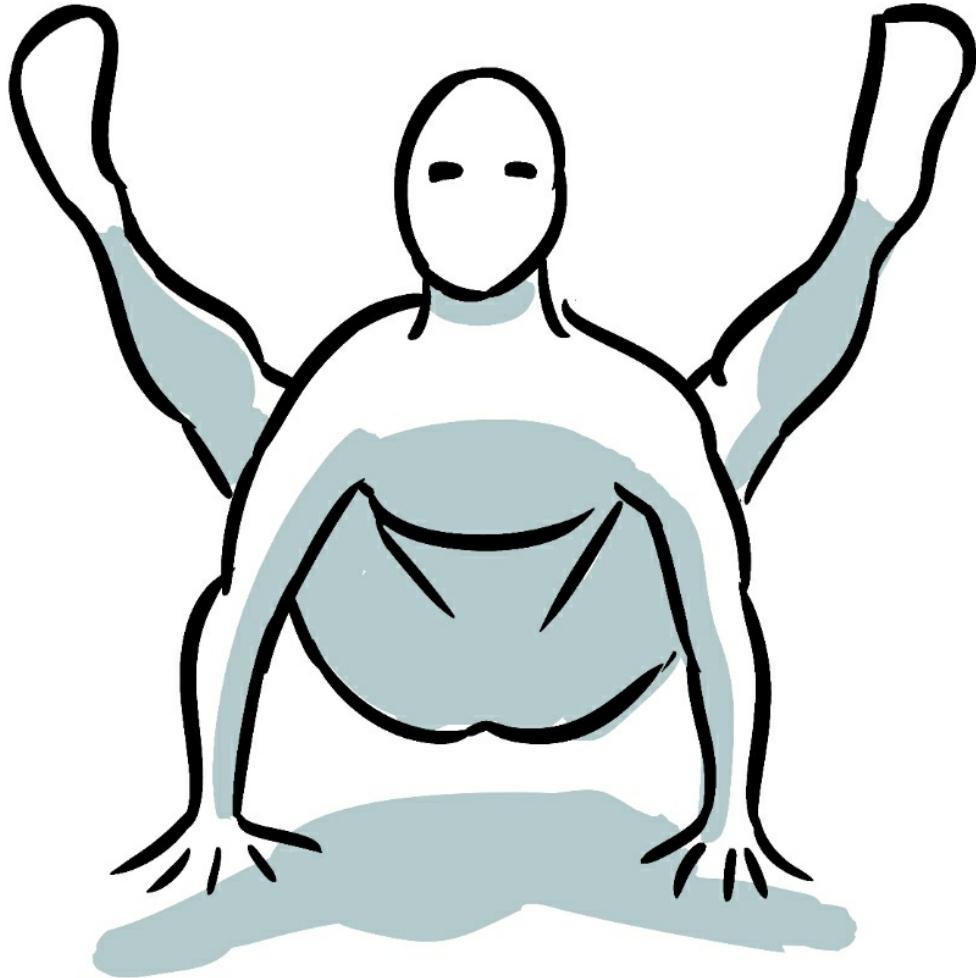
1. Begin on your knees
2. Then move all the way down so you touch the crown on your head on the ground
3. While you then do this, you extend your arms in the opposite direction of where your feet are directed
4. Hold this rather difficult position for as long as you can, but don't overexert yourself

“I’m still a scared ostrich number 2; the embryo pose stretch”



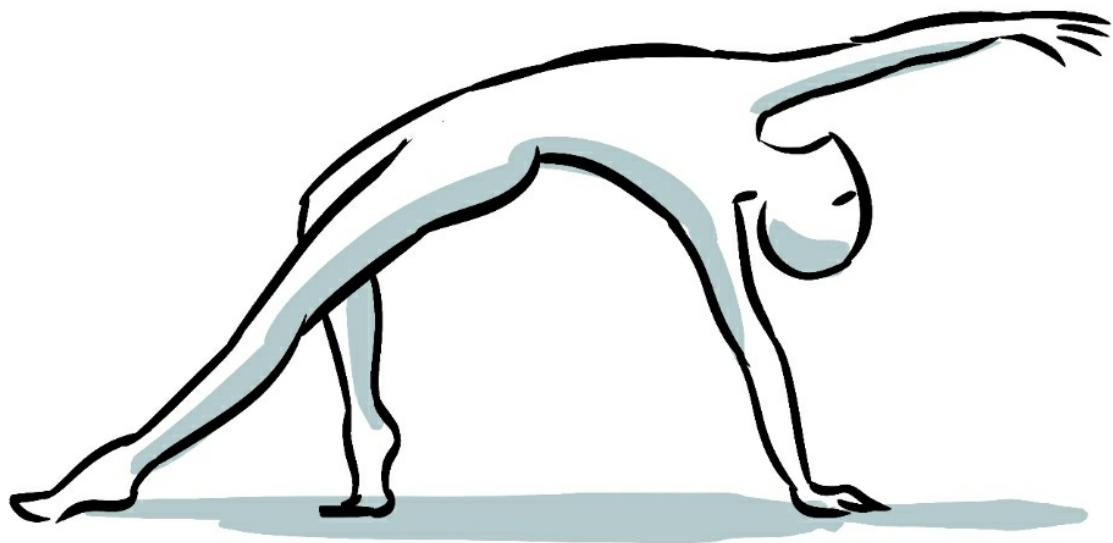
1. Only attempt this one if you are advanced
2. Begin again on your knees
3. Move all the way down so you touch the crown on your head on the ground, yet again
4. You then move your back neck as where you lay your head
5. Afterward, you fully bend your knees upwards, letting them get caught by your arms which hold your bottom legs in place
6. Hold this position for as long as you can, but remember don't overexert yourself

"Last couple of one's now, so we are getting quite difficult now; the firefly pose stretch"



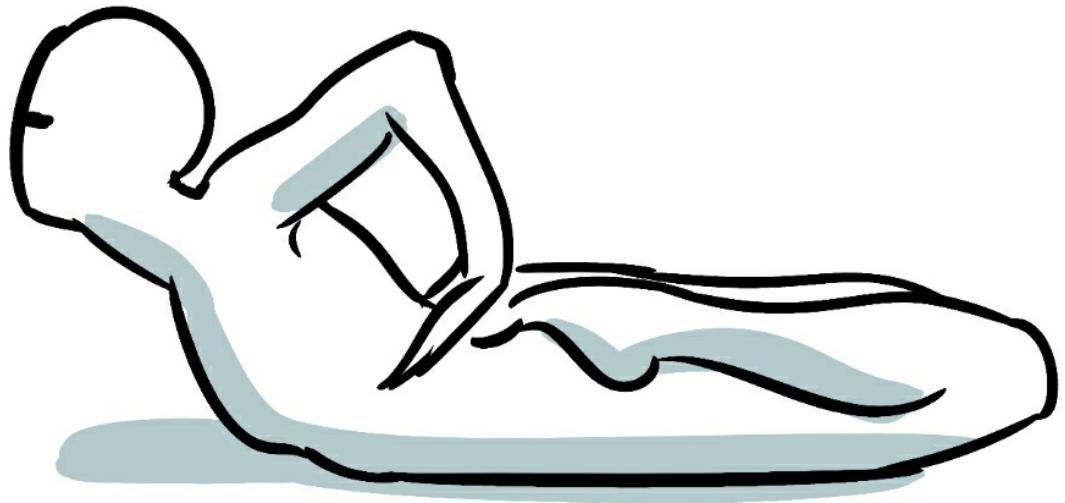
1. This is an advanced position
2. Sit on the floor with both legs extended in front of you slightly diagonally to your sides
3. Then place your two palms on the ground in between your legs
4. Once you feel like you have a good hold with your palms and arms, begin to shift your weight and core on to them
5. While extended press your legs so they are suspended against your sturdy arms and move them as far upward as you can
6. Stay in this position, as long as you can, and enjoy some very toned arms and shoulders afterwards

“No rhyme or reason, just stretch; the wild thing stretch”



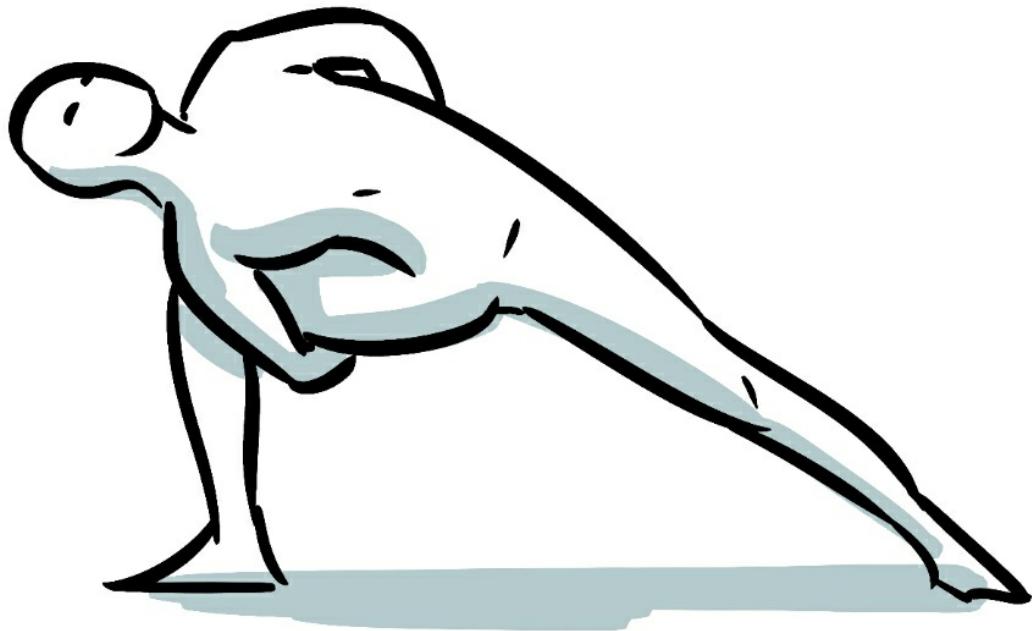
1. There are two ways of going about this one. First is to start flat on your back
2. And then slowly turn into a bridged arc
3. Which you then break off
4. The other way is to be on your knees
5. Then let yourself fall backward, letting your hands and arms catch you
6. In either case once you are in the starting position alternate between lifting your arms and legs
7. Do this for at least 10 seconds for each arm, and subsequent leg

“We already have a frog, but here is another one; the frog pose stretch”



1. Begin laying flat on your stomach
2. On your stomach, use your back to lift you up into a half sphinx pose
3. When stretched back bend your knees for your hands to catch your feet and then press down on your legs, while you are in this half sphinx pose, alternatively, look at the illustration
4. Stay here for at least 10 seconds

"Last couple of one's, so we are again getting difficult; the bound twisted side angle pose stretch"



1. Begin in an upward runner's launch, getting a sturdy footing and a good balance
2. When in this position lift your arms and body, finding your core balance
3. Twist your lower back and interlace your arms around the leg you chose to be at the front you
4. Hold for at least 10 seconds, or maybe even more
5. Do the same again, but this time with the other leg up front

“When scared just stick your head in the sand; the rabbit pose stretch”



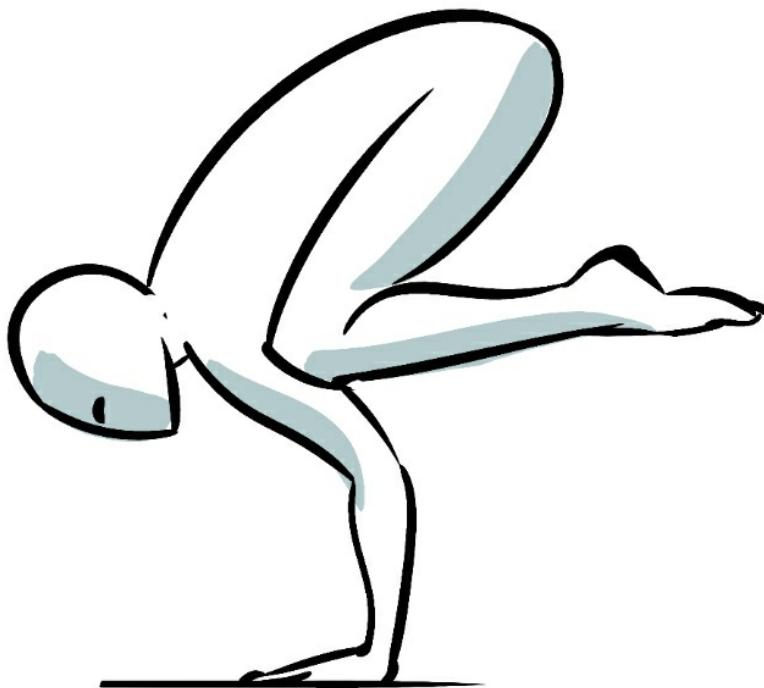
1. Begin with sitting on your knees
2. Then once you have a sturdy hold, bend your upper body downwards at the front, like in a bow
3. Do this until the crown of your head touches the ground
4. When this is achieved stretch your arms so that your hands can touch the sides of your feet
5. Hold this position for at least 15 seconds, or longer

“Again again, last couple of one’s, so we are getting quite difficult; the scale pose stretch”



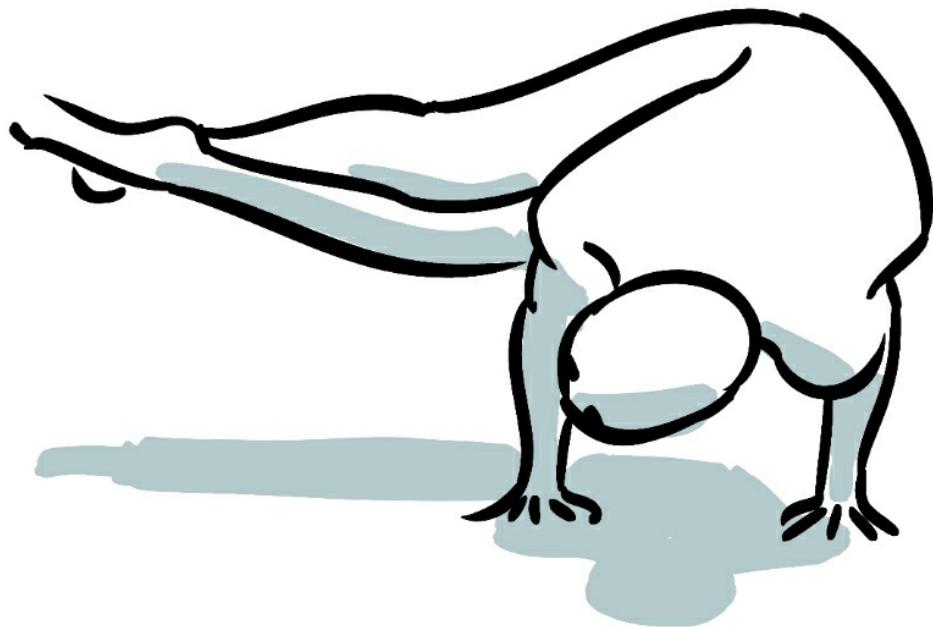
1. Begin setting in a nice comfortable lotus pose
2. You may even be taking this opportunity to reflect and relax and meditate
3. After you have mediated, plant both your palms next to your legs
4. Once you feel like you have a good grip, begin to lift with both your arms and shoulders, while keeping you steady using your core
5. Hold this for at least 10 seconds, or longer

“Last couple of one’s, so we are getting difficult; the crane pose stretch”



1. Start in Mountain pose, standing straight, with a long back and long neck – looking ahead
2. Bend over and plant your palms on the ground out in front of you
3. While being solidly planted and well-balanced, give a soft bend to your arms and begin to place your knees on your triceps
4. Once you feel ready begin to use your core strength to tilt your forward and downward at the same time
5. In this way, you shift on to your arms and have them do all the lifting with your core keeping the balance
6. Hold this rather difficult arm strength for about 10 seconds, or more if you can

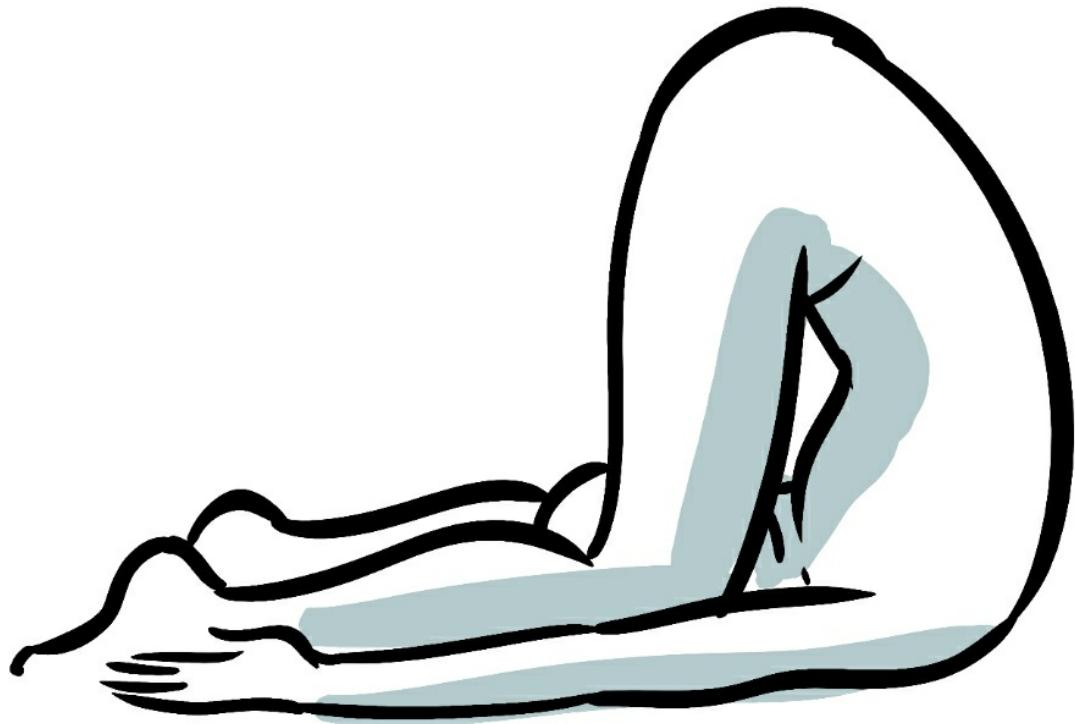
“Last couple of one’s, so we are getting difficult; side crow pose stretch”



1. Start in Mountain pose, standing straight, with a long back and long neck – looking ahead
2. Bend over and plant your palms on the ground out in front of you
3. While being solidly planted, give a soft bend to your arms and begin to place your knees on your triceps
4. Once you feel ready begin to use your core strength to tilt your forward and downward at the same time
5. When you have hit a solid balancing point, reorient your legs to a side you choose
6. Your core here is essential to keeping you centered and balanced, and your arms are working overtime to keeping you aloft, while your legs are working as well

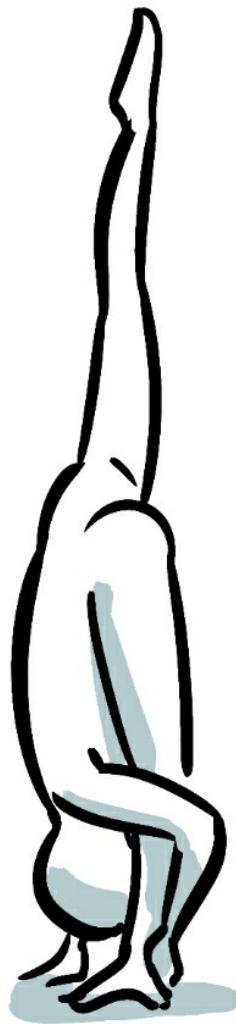
7. A full body workout and balancing act is this pose
8. Do this for as long as you can, of a minimum of around 5 seconds

“Last couple of one’s, so we are getting quite difficult 9; the ear pressure and knee-to-ear pose stretch”



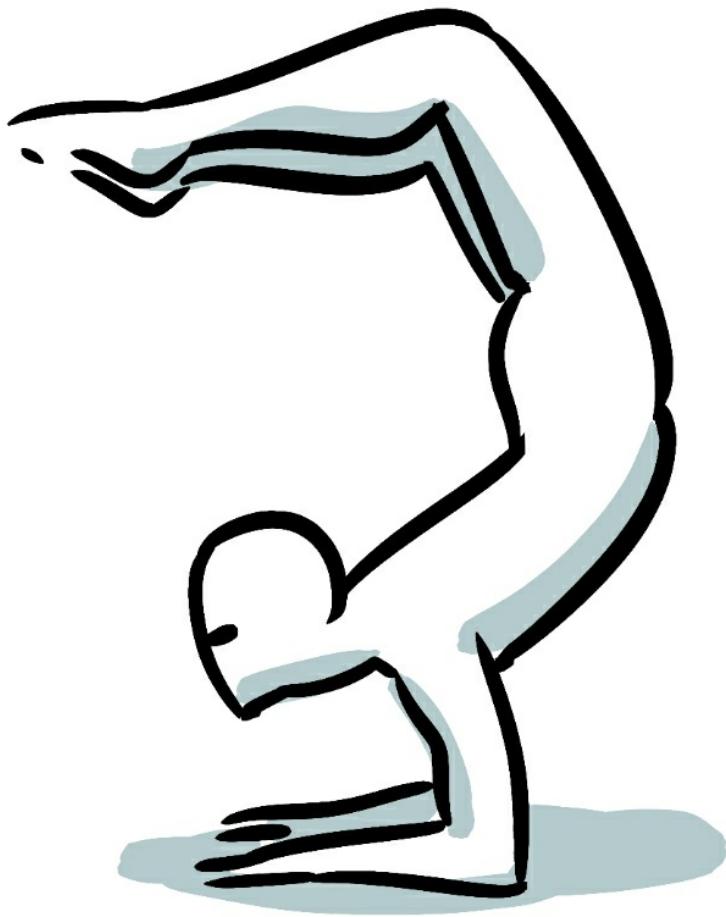
1. Begin on your knees
2. Move all the way down so you touch the crown on your head on the ground
3. While you then do this, you extend your arms in the direction your feet are, alternatively, look at the illustration above
4. Hold this for as long as you can, but don't overexert yourself

“I’m a line; the standing split pose stretch”



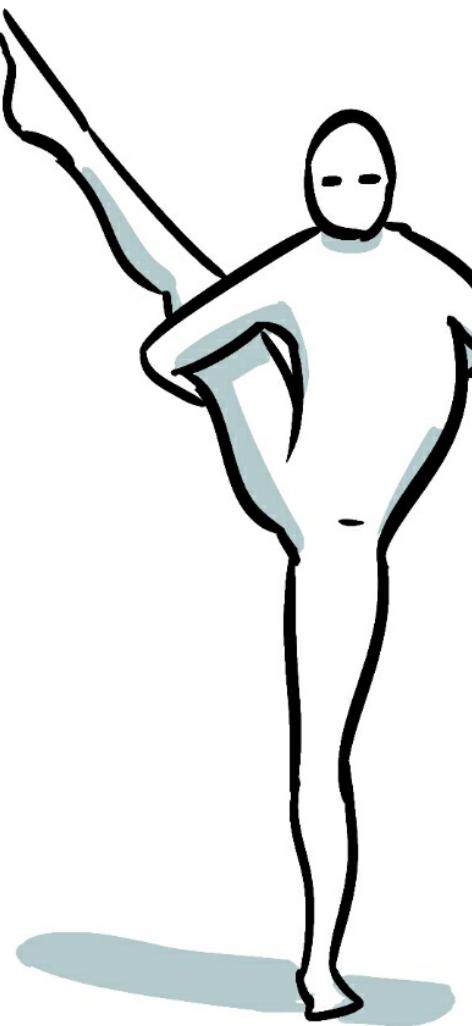
1. Begin by standing in mountain pose, meaning sturdy straight legs, back, and neck – with your arms stretched down your side. It is paramount here that you have a solid sense of your balance here
2. Now you begin to move your upper body downward towards a leg you choose: let's choose the left one, like in the illustration
3. Once your forehead is touching your left leg's shin, double check your balance on your left leg
4. And begin to lift your right leg upwards, supporting your balance and weight with your right hand and arm
5. When you have hit a fully vertically right leg, then stay in this position for at least 10 seconds, or maybe more
6. Repeat the exercise, but this time with your left leg fully vertical in the air

“I’m a desert reptile; the scorpion pose stretch”



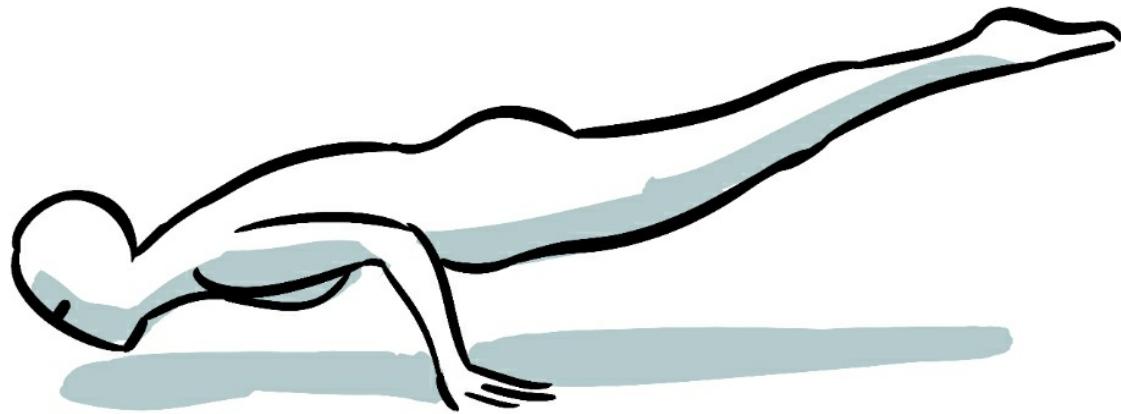
1. Start with being in sphinx pose: on your elbows and hands, while your legs are laying flat on the ground
2. Once you have steadied yourself, begin to use your core strength together with your legs to lift them up to form a “C” shape, alternatively, look at the illustration above
3. Hold this position for 15 seconds, or maybe even longer

“I am practicing for my ballerina show; the bird of paradise pose stretch”



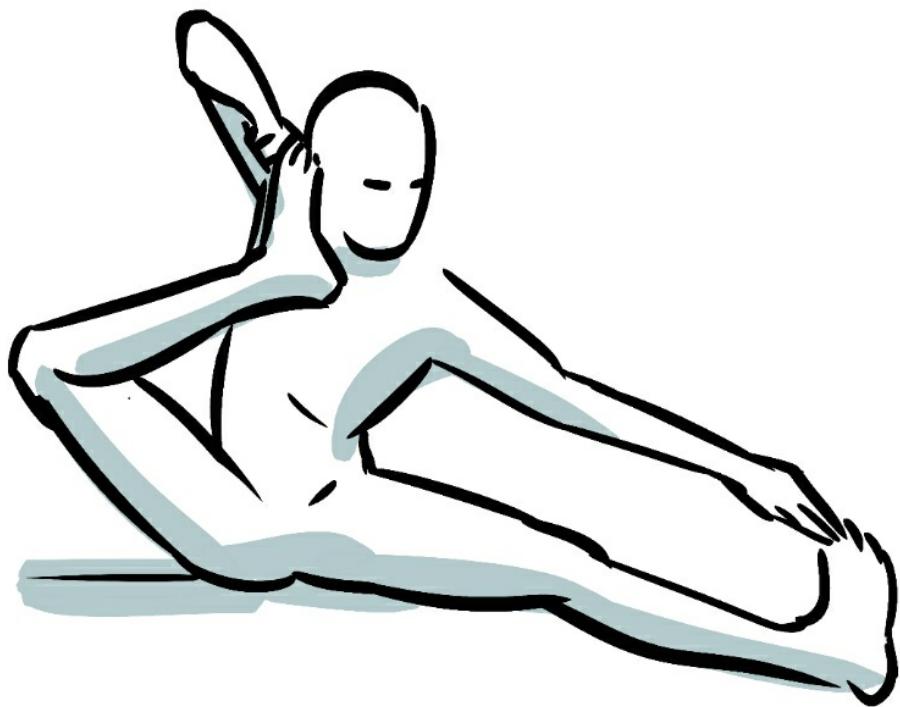
1. Begin by standing in mountain pose, meaning sturdy straight legs, back, and neck – with your arms stretched down your side. It is paramount here that you have a solid sense of your balance
2. Once you feel solid pick a leg – let’s pick the right one, as in the illustration – then twist it and lift it up as high as you can
3. When high enough, interlace your arms around your lifted leg behind your back and lean a bit ahead to center your new gravity point
4. Use your balance and core to keep you steady, and stay like this for at least 10 seconds, or longer

“Plank taken to the next level; the peacock pose stretch”



1. Begin in a plank pose, where you hold yourself aloft
2. Once you have a steady foundation with your arms, let them stable themselves towards your sides
3. Then slowly lift up your feet off the ground
4. Lift them higher and always have a solid long plank going; try to aim for a slight angle, as seen in the illustration above
5. You can even only use one hand just remember to center it on your now gravity point
6. Hold this for 10 breadths or more

“I'll call you back later; the archer pose stretch”



1. Start by sitting upright with your legs stretched out
2. Then pick a leg, for this guide; the right one as in the illustration, and move it up to your right ear
3. Use your right hand and arm to hold your right leg in place
4. Stretch your left arm to touch your left toes
5. Hold this position for at least 10 seconds, or more
6. Repeat this position again with the other leg and arm

"Last couple of one's, so we are getting difficult; little thunderbolt pose stretch"



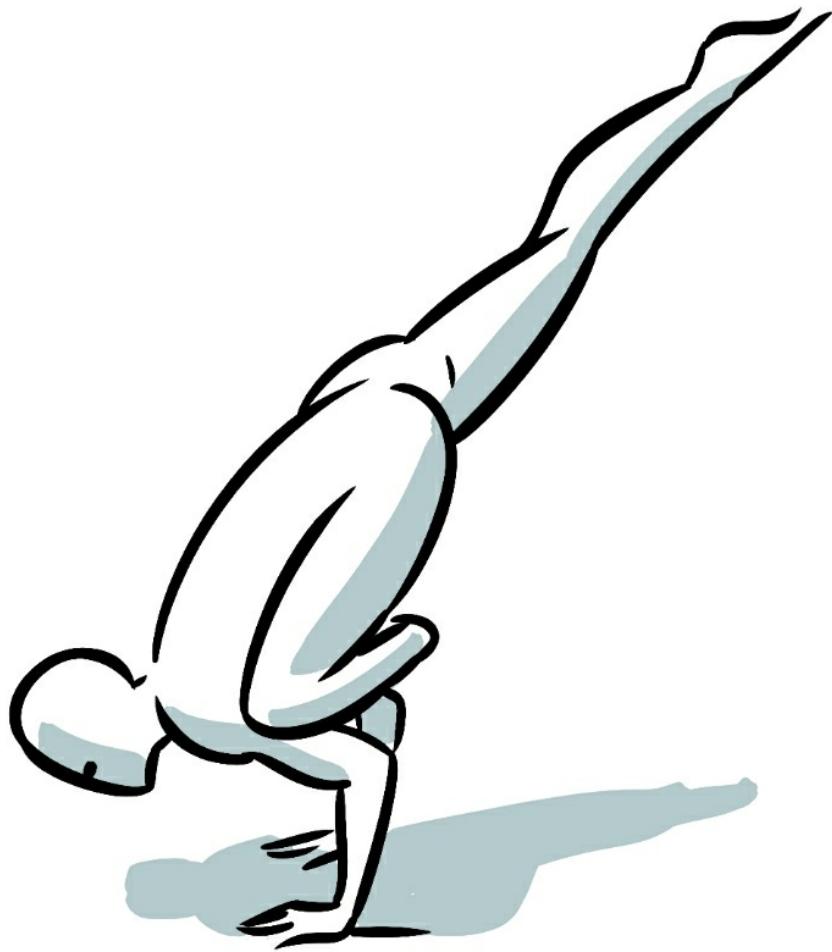
1. Begin with sitting on your knees
2. Once you have a sturdy hold, pivot your backwards until you almost touch the crown of your head to the ground
3. Grab hold of your heels and keep it there
4. Hold this position for at least 10 seconds, or longer

“Again last couple of one’s, so we are getting quite difficult; the Sage Koundiya pose stretch”



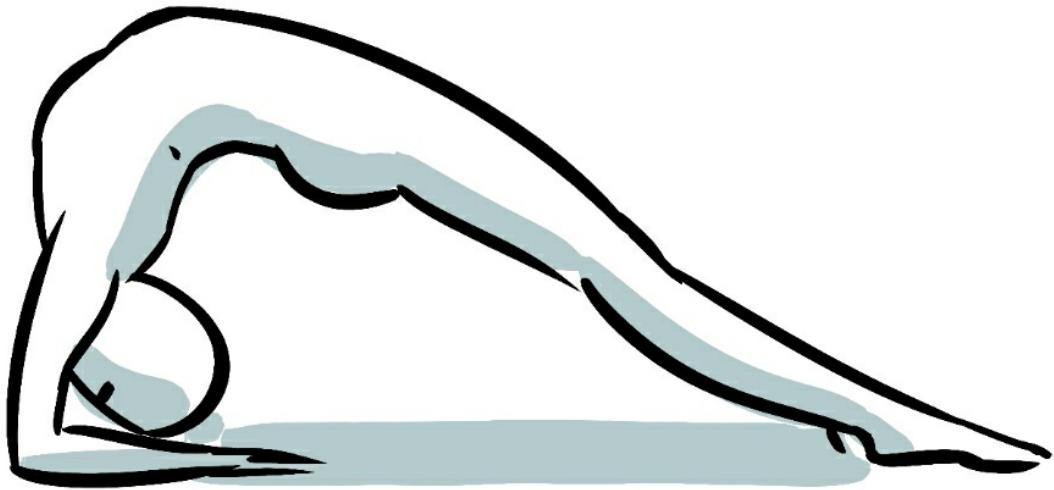
1. Begin in a plank pose, where you hold yourself aloft
2. Once you have a steady foundation with your arms, begin to lift your legs, so you create a suspended plank in the air
3. By itself this is difficult, but pick a leg, in this case the left one as in the illustration, and situate it over between your right arm and your body
4. The key here is to let your arms and shoulders do all the work and your core to stabilize yourself finding your balance
5. Hold this position for 10 seconds or longer
6. Repeat it then with the other leg and other arm

“I’m a side line; the one-legged crane pose stretch”



1. Begin in a plank pose, where you hold yourself aloft
2. Once you have a steady foundation with your arms slight bended, begin to lift your legs and your lower body by using your core strength
3. Once you have found a superior center of gravity, with a diagonal angle looking at the ground
4. Alternate your legs in stretched and bended positions while resting on your arm – like in the illustration above
5. Do this for 10 repetitions or more

“I’m half a heart; the upward-facing two-footed staff pose stretch”



1. By this point you should know how to initiate safely an upside-down: so do that
2. After you have gained a strong foundation and balancing point, standing on your hands
3. Begin to lean backwards until your feet are flat on the ground
4. Hold this position for 5 breadths or more

“Oh hi there, no no, I am totally fine; the Sage half bound lotus pose stretch”



1. Start out in a full length long back and neck plank pose
2. Pick a side, in this case the right side as in the illustration, move to the right side pivoting your right feet on its side
3. Lifting yourself up using your right arm being outstretched
4. Now with your left arm grab your hip in a half superhero stance
5. Then bend in your left leg in your right inner thigh, like in a half Lotus pose
6. Hold this for at least 10 seconds or more
7. Repeat using the other side

“I point my circle with my arm”



1. Begin by standing straight, neck and back long: a nice strong mountain pose
2. Once you have a firm footing and a strong balance, pick a leg – let’s do the one in the graphic – and say the left leg. Begin to bend this left leg catching it with your right arm
3. Stretch out your left arm into a point
4. Hold on in this position for at least 15 seconds, or longer
5. Switch up your limbs and then repeat

Thank you for listening all the to the end of this book, it is an honor.

If you wouldn’t mind leaving a written review, then it really helps out a lot, and can help other people also find this book.

Likewise, as mentioned in the very beginning if you send me an email on [rhp.writer@outlook.dk](mailto:rhp.writer@outlook.dk) and send me proof of purchase, then I'll send you a unique illustrated poster with all the poses that you can print out or set as a background for your desktop.

Additionally, I will send you an email of any future books that I have written, so you will be the first to know of any future books I will release.

Don't worry, *I do not spam* – I loathe myself getting those spam emails!

Again, thank you!



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→ HINDUISM SCRIPTURES  
→ HINDU COMICS  
→ AYURVEDA  
→ MAGZINES

**FIND ALL AT [HTTPS://DSC.GG/DHARMA](https://dsc.gg/dharma)**

Made with  
  
By  
**Avinash/Shashi**

[creator of  
**hinduism**  
**server!**]

## SOURCES AND ACKNOWLEDGEMENTS

[1] V.M.D. Wright, Fitness After 40: How to Stay Strong at Any Age, 1st ed., AMACOM, 2009.

[2] A.M.C.P.T. Winderl, Self - Fit. (2018).