LOWER BODY

SEATED PIGEON:
Sitting on the edge of your chair, place your right ankle over your left knee. Sit tall and feel the stretch in your hips. **Breathe deeply and hold for 30 seconds on each side. Repeat 2-3 times if needed.**

SEATED TWIST:
With feet flat on the floor, rest your right hand on your left thigh and gently apply pressure as you twist to the left. Look over your left shoulder. **Breathe deeply and hold for 10 seconds on each side.**

HIP FLEXOR:
Sitting on the edge of your chair facing right, take your left leg and extend it behind you. Sit tall and try to tuck your tailbone under to increase the stretch. **Hold for 30 seconds on each side. Repeat 2-3 times if needed.**

WRISTS:

UPWARD:
Place your palms together with elbows out to the side. Push your hands together and down until you feel a stretch in your wrists. **Hold for 5-8 seconds.**

DOWN:
From above, rotate your palms around until they face downward. Keeping your elbows even, slowly bring your hands upward. **Hold for 5-8 seconds.**

RELAX:

TEMPLE RUB:
Place your hands on your temples and do small circular motions, first clockwise and then counterclockwise. **Do this for 10-15 long, deep breaths.**

HAND SHAKES:
Shake your arms and hands at your side for about **10 seconds.** Let your shoulders, hands and arms relax as you shake out the tension.