

Stretching Exercises before Meditation Practice

1. Relaxation Pose (relax on your back, eyes closed, breathing consciously)



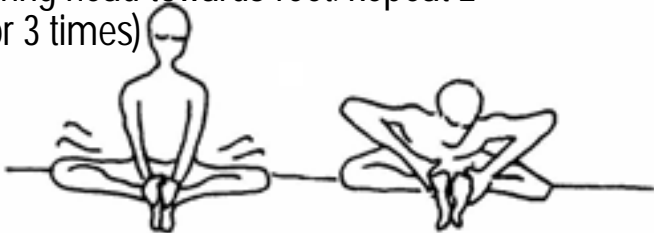
2. Leg circling



3. Foot circling



4. Butterfly pose (With feet sole to sole, flutter knees up and down. Bring head towards feet. Repeat 2 or 3 times)



5. Head to Knee Pose (keep legs straight)



6. Side stretch (Straight leg stretch. Keep one leg folded. Reach for your toes)



7. Inclined Plane (advanced pose)



8. Cobra pose



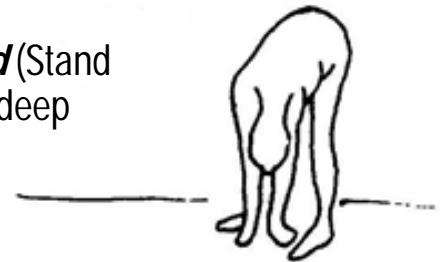
9. Child's Pose



10. Cat stretch



11. Forward Bend (Stand up slowly from a deep forward bend)



12. Sun Salutations



13. Relax!