

STRETCHES

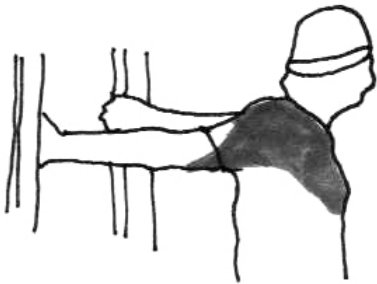
EVERYDAY (DEEP)

WHILE STRETCHING:

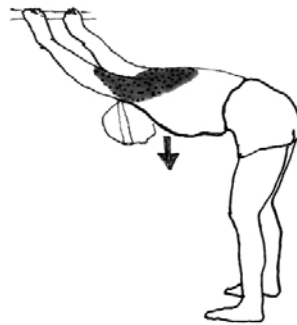
Stretch slowly without bouncing. Be sure to breathe slowly and deeply, allowing the stretch to deepen upon exhalation. Hold each stretch for 10-30 seconds. Release and repeat until you feel an ease in the targeted muscle group. Take time to stretch each day, especially before you exercise. Stretching has a cumulative effect over time, allowing greater flexibility and ease of movement. Enjoy feeling good in your own body!

PLEASE NOTE: These stretches are suggestions only. Please consult your health care provider before beginning any new stretching or exercise routines.

* DARKENED AREAS IN THE DRAWINGS REPRESENT THE MUSCLE GROUPS WHERE THE STRETCH SHOULD BE FELT.



1. Standing just in front of a doorway, turn your hands outward and hold onto the molding at shoulder height and slowly lean forward. Hold for 20 seconds and repeat.



2. Holding onto a railing or countertop at hip level, back your feet up about 4 feet. Now allow your chest to lower down towards the ground and feel a good stretch in the back of your shoulders.



3. Bend your right arm at shoulder level, and wrap it around your left shoulder. With your left arm, pull the elbow back toward your shoulder. Hold for 20 seconds and repeat on the opposite side.



4. Stretch your arms upward and allow your right arm to fold behind your head and rest near your left shoulder. With your left arm, gently pull your right elbow towards the left and downwards. Hold for 20 seconds and repeat.

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RECOMMENDATIONS

client name: _____

date: _____

spa partisan: _____

suggestions: _____

notes: _____

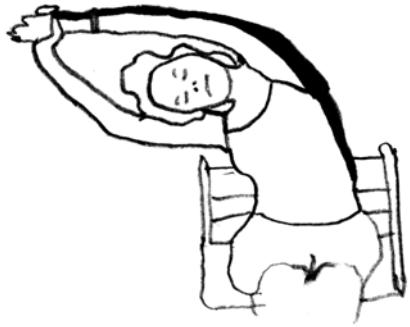
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STRETCHES EVERYDAY (DEEP), CON'T



5. Sitting in your chair, lengthen your right arm over your head. Hold the extended arm with your left hand, and pull into a side bend. Maintain light contact with the back of the chair. Hold for 10 seconds and breathe. Repeat on the opposite side.



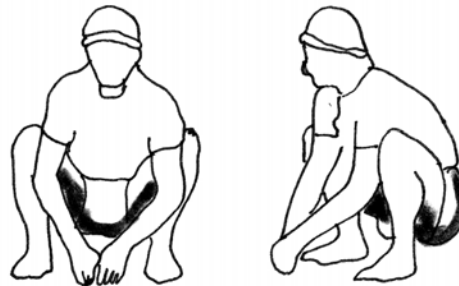
6. Lie on your back and hug your leg close to your chest. Breathe and relax, holding for 30 seconds. Repeat on the opposite side.



7. Cross your legs while lying on your back. Pull with the top leg towards the ground, using the leg that is on top. Repeat on the opposite side.



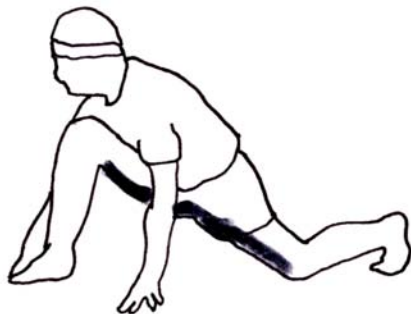
8. With your right leg extended, bend your left leg and place your left foot on the outside of your right knee. Twist your torso to the left and tuck your right elbow behind the knee. Support your back with straightened left arm. Breathe and gently twist on exhale. Repeat on the opposite side.



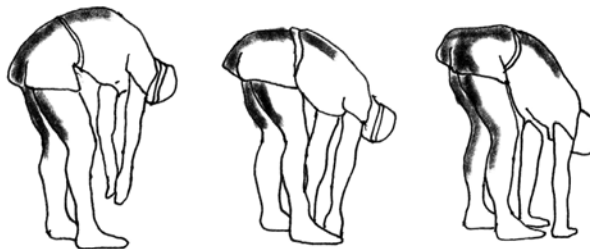
9. From the forward fold, with your hand on the ground and your knees bent, bend your knees further and swing your hips towards the ground. Widen your stance and allow yourself to find comfort in this position.



10. Sit with both knees bent in the same direction. Use your arms as support behind you. Gently roll the hips forward, lifting them off the ground. Repeat 3 times on each side.



11. Separate your legs and lean forward until the front knee is directly over the ankle. Keep your balance with your hands on the ground. Hold this stretch for 20 seconds, relax and breathe. Repeat on the opposite side.



12. From a standing position, bend forward and gently roll down into a forward fold. Touch the ground if it is comfortable to do so, otherwise allow your hands to rest just below your knees. If you feel discomfort, bend your knees to relieve the pressure.

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