



# 805

## Stretching

Mostly covered in the daily and event practices, but here's one for starters...

Lift your arms straight up above your head. Look up and stretch up, reaching for the ceiling (or sky!), feeling your stomach, shoulders and arms working really hard. Relax your head back and breathe. Lower your arms out to the sides, keeping them pushing out firmly and feeling the arms muscles working all the way down until then fall by your sides.

Repeat as often as you like.

**As with all of these physical practices, please be gentle with yourself.**

**Breath well and don't ever strain. Over time, with gentle practice, you will see natural progress, even if you feel very stiff at first. Be patient!**