

Three Stretches To Start Your Day

By incorporating a quick stretching routine into your morning, you can turn inward before you start your day. You'll stimulate your organs, your brain, your muscles, and your focus.

Standing Forward Bend



This pose calms the brain, relieves stress, fatigue, and anxiety, and stimulates the kidneys, liver, and digestion. It also feels kind of like you're giving yourself a hug, which is never a bad thing. Slowly lean over and walk your arms down as far as you can comfortably go. Hold for 30 seconds and slowly release.

Child's Pose



This restorative pose is great for gently stretching out your hips, pelvis, thighs, and spine, all of which can be a bit tight in the morning. It can feel really great if you've slept a little "wrong" or twisted up. It also calms the brain and relieves stress and fatigue, so it can be helpful for starting the day off on the right foot. Hold for 30 seconds, come back up to seated pose and back down again for 30 seconds.

Shoulder Stretch



This stretch can help relieve muscle tension, pain and tightness. This pose will help reduce tension in the shoulders that is often accumulated from sitting at a desk for long periods of time. Relaxing your shoulder blades back and down, reach one arm across your body and gently use your other arm to deepen the stretch. Hold for 15-20 seconds and repeat on the other side.