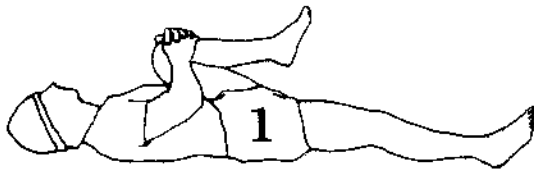


# In the Morning on arising & In the Evening before bed

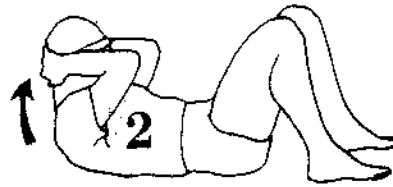
Do these simple stretch routines:

Approximately 5 Minutes

Start the day with some relaxed stretches so your body can function more naturally. Tight and stiff muscles will feel good from comfortable stretching. It may be helpful to take a hot shower to get warm before you stretch.



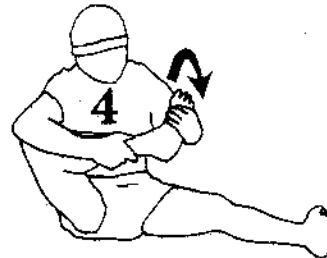
20 seconds  
each leg  
(page 28)



3 times  
5 seconds each  
(page 25)



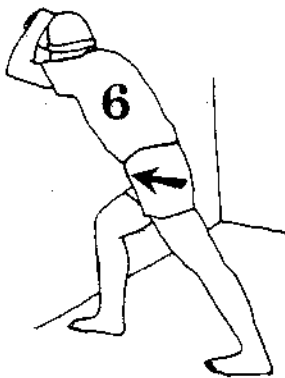
2 times  
5 seconds each  
(page 28)



10 times  
each direction  
(page 31)



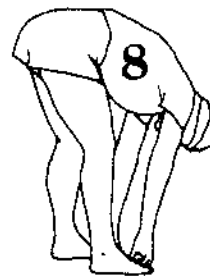
20 seconds  
each leg  
(page 74)



30 seconds  
each leg  
(page 71)



30 seconds  
(page 53)



20 seconds  
(page 52)