



## Sitting Stretches

Mary Cruise, Tai Chi & Qigong Instructor

Start from head to feet if need rooting or feel unstable.  
If tired start from feet to head.

### Neck Stretches

- down, up, side to side
- ear to shoulder
- large circles

### Shoulder Rolls

### Shoulder to Ears and Drop

### Spinal Twist and Look over Shoulder

### Move the Cookie Jar

### Ankle Rotations

- rotate, push forward and back

### Leg Lifts

- individual, alternate, together

### Toe Heel, Toe Heel

### Squeeze Knee to Abdomen