



Standing 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

Arm Swings

- waist turn like rag doll
- forward and back

Clean Out Peanut Butter Jar

Ankle Rotations

- toe on ground
- balancing

Ankle Rolls

- outside, inside, up on toe, back on heel

Leg Lift with Arms

Hamstring Stretch