

# 15-Minute "Stretch & Relax" Beginner

## How to follow the stretching program?

Hold the stretches for 10 deep slow breaths each. Focus on breathing in and out through the nose and feeling your abdomen expand. Each position should produce a sensation of mild discomfort. There's no benefit to stretching so hard that you can barely maintain the position. After you get through all the stretches repeat once more if you have the time or the desire. However, even just one round will provide tremendous benefit.

For each stretch, try to relax into the position while imagining the muscle letting go of tension.

1

### Doorway Pec Stretch



2

### Hamstring Stretch



3

### Standing Quad Stretch



4

### Calf Stretch



5

### Lying Glute Stretch



6

### Child's Pose Stretch

