

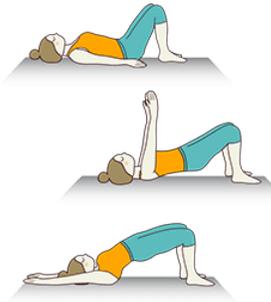
Gentle Energy 12/31/25



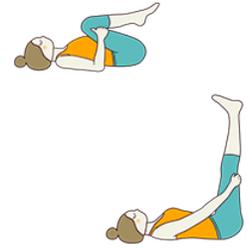
Relax your body, focusing on the breath (1-2 min)



Place feet wider than hip width apart. Alternate sides, bringing one knee down across the midline.



Inhale lift the hips and the arms, exhale, lower. 6x



Exhale, draw knees into the chest, inhale stretch legs up, arms overhead. 6x, then legs forward at 45 degree angle to the floor, 6x



Draw one knee in, keep the other leg straight. Then hold behind the thigh and straighten-bend knee. Do both sides.



Have legs and arm wide, actively reaching through the limbs



Sit on a folded blanket or pillow. Inhale, extend the spine, exhale round. Repeat 6x.



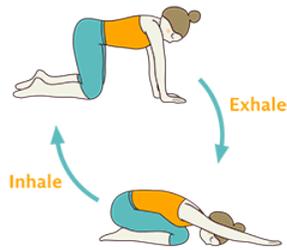
Inhale, open arms out to the sides, exhale, reach over to one side. 6x



Start in a cross-legged position. Inhale, lengthen up, exhale, take right hand behind you, left hand to the right knee. Inhale, come back to center, exhale, repeat to the other side. Repeat each side 3 times, alternating.



Stretch through the legs and through the spine. Hold for 2-4 breaths Point and flex feet, move the toes



Exhale, move hips back towards heels, inhale, draw chest forward, shoulders back. 4x



Start in the center, then reach arms to one side, hold for 3-4 breaths., do both sides.



Rest for 4 breaths.



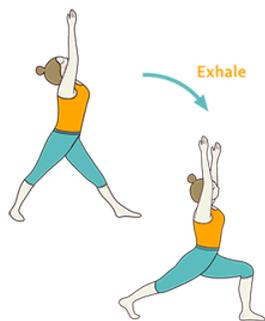
Inhale, reach arm up, exhale, slide it under. Repeat 3x on one side, then switch sides.



From table, exhale into child's pose, use the core to lift and kneel with arms up, land back in table with control. Add spinal extension on the inhale, then exhale back into child's. repeat x4-6



Ground through the legs, reach arms up



Repeat 4x on each side



Step legs wide apart, turning the feet to the right, bend the knee over the heel, chest facing the long side of the mat. Stretch the arms out to the sides. Inhale, reverse the arms as in next picture, 3x on each side



See previous



Step legs wide apart. Turn feet to one side, reach arm out to the sides and hinge at the hip reaching over the right leg. Keep both sides of the torso long, chest facing forward. Roll the top shoulder back, arm in line with shoulder.



Step legs wide apart, fold from the hips. Hold for 3-4 breaths, take right hand to the hip and twist to the right, alternate sides. Walk hands back for a forward bend.



Twist from the previous position, once to each side.



Lengthen up through the spine on the inhale, twist from the belly on the exhale, repeat for several breaths, then do other side



Sit tall, then hinge forward from the hips.



Bend one knee, reach forward to a comfortable stretch that you can hold for 4-6 breaths, repeat other side



Press the feet and the shoulders into the floor, inhale, roll the spine up, exhale, roll down. Bring movement into the upper back. 6x



Start with knees bent, feet on the floor. Slide hips to the right, draw knees into the chest and move knees to the left. Use support for the top leg as needed. Turn chest away from the knees to bring twist into the upper back. Rest 2-4 min on each side.



Bring knees into the chest, relax the back gently rocking side to side.



Rest in a comfortable position, eyes closed. Progressively relax the whole body from the feet up. 3-5 min