

TTT Stretch of the Month

Review the following guidelines to learn the proper technique for safely completing your stretch.

Complete a 30 to 60 second static hold of the extended child's pose relaxation stretch. Repeat on the other side.

Extended Child's Pose - Relaxation Stretch



How To:

1. Kneel down with your toes together and knees apart
2. Slowly sit back with your hips toward your heels
3. Allow your chest to fall down to the floor
4. Extend your arms out fully on the floor in front of you
5. Look down and rest your forehead on the floor
6. Feel the stretch in your hips and back
7. Hold for 30-60 seconds
9. Slowly ease out of the stretch
10. Breathe calmly and relax into the pose