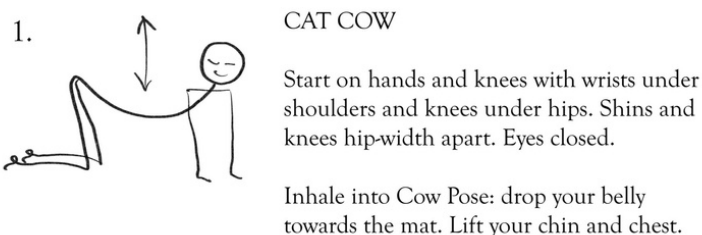


# CAROLYN COWAN

## SUMMER STRETCH ROUTINE

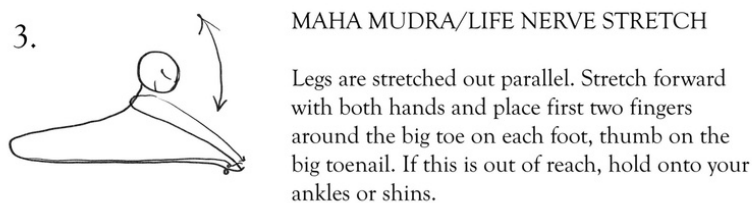
Over summer months, we often find ourselves less stringent in active self-care. I believe that to keep up a daily practice is important, but needn't be enormously time consuming. I play with these postures over summer months as way to commit to myself. These simple stretches soften and relax us into presence. They aid in supporting the self, feeling good, and being able to land into autumn with energy and determination.

TAKE ON THESE FIVE POSTURE EVERY MORNING AND NOTICE HOW YOU MAKE YOURSELF FEEL



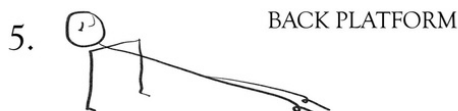
Exhale into Cat Pose: draw your belly toward spine, round your back toward ceiling. Drop your chin to your chest.

Move slowly, aiming for five seconds for the inhale and the exhale. Continue for three minutes.

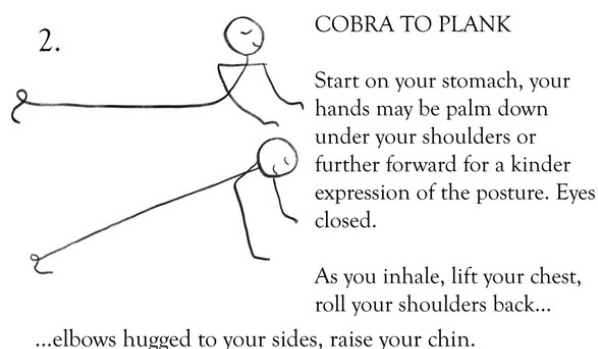


Exhale head down, folded forward over your legs. Inhale, raise the head, chest and then torso, pushing the chest forward and the chin up. Move slowly. If knees are bent, sit on a block/book.

Continue this for three minutes at a gentle pace, aiming for 5 seconds minimum for both the inhale and exhale.

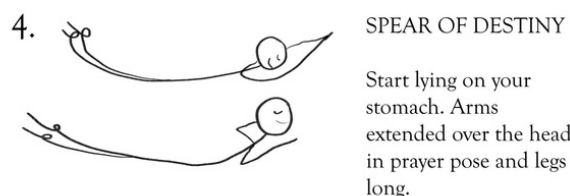


Start sitting with your legs out in front of you. Palms on the floor, slightly outside of hips. Press into palms and lift hips up toward the ceiling. Arms long, legs straight, head as if you were standing, a straight line from your head to your heels. Breathe long and deep or activate Breath of Fire and continue for one minute.



As you exhale, release back to the floor.

As you inhale again, push up into a long-armed plank, ensuring that you engage your core by tucking in the tailbone as you come up. Exhale down. Repeat for two minutes, inhaling into Cobra, exhale down, inhale into Plank exhale down.



As you inhale, lift all of the body, except for the pelvis, up off the ground. Head is ideally up. Hold for one minute, either with long deep breathing through the nose or, if known, Breath of Fire.

If holding the arms up and forward becomes challenging, you can bring a bend into the elbows and pull the arms back, to release tension in the upper body.

REMEMBER TO BE STILL

As with all practices I share, I would invite, indeed implore, you to take pauses between each posture to be still. Be gentle. Notice how you feel. At the end of the five postures, lie back for at least five minutes.

This entire series would take approximately 20 minutes, including a rest between each posture, when learned.