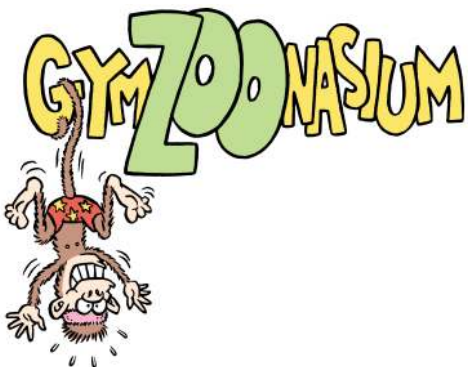




SLEEPY OPERA HOUSE

4m 46s

Stretching your muscles can help your body to relax.
Let's prepare our bodies for sleep.



Movement	Seated modifications	Other modifications	Progressions	Watch points
Cat Stretch	Curl forwards and arch your back up as high as you can (angry cat). Then sit up straight and push your chest out (happy cat).			* Hands under your shoulders and knees under your hips * Neck relaxed
Bat Hang	Stretch your body out (towards the ceiling) and then bend over to touch your toes.		* In the Bat Hang position, hold your ankles and gently pull your body closer to your legs. * Start standing, with your left foot crossed over the right. Do the Bat Hang with your legs crossed like this.	* Knees straight



Movement	Seated modifications	Other modifications	Progressions	Watch points
Downward Dog	Bend your body forward over your legs. Reach your arms out in front of you.		Do Downward Dog with your legs straight and feet flat on the floor.	* Knees as straight as possible * Head and neck relaxed, looking towards your feet
Squished Cockroach	Put your left hand on the outside of your right knee. Push on your knee to help you twist your upper body as far as you can to the right.		In the Squished Cockroach position, straighten the leg that is crossed over. Hold onto that foot or toe if you can.	* Your straight arm and shoulder touching the floor
Snail Curl	Curl your upper body forwards like a snail hiding in its shell	Do the Snail Curl with... - Your arms by your side - Your head resting on your fists or a firm pillow, or - A folded towel or blanket on top of your feet	Move your knees wider apart to feel a deeper stretch in your hips	* Head down. If your head can't reach the floor, rest it on your fists or a firm pillow.