



KITCHEN
YOGA
TRAVEL
CARDS™

half eagle



SIMPLIFIED STEPS

1. Sit or stand. Hug yourself with left arm on top of right. Lift arms, placing left elbow inside right, wind left forearm around right, bringing palms together (if possible).
2. Breathe for 3–6 breaths or more.
3. Release arms, switch sides placing right elbow inside left and repeat for 3–6 breaths.

CONTRAINDICATIONS

Certain rotator cuff conditions; recent or chronic shoulder or wrist injuries or surgery



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standing pigeon ("stretch 'n kvetch")



SIMPLIFIED STEPS

1. Hold edge of kitchen sink, walk back until arms are straight, place feet 1-2 feet apart.
2. Bend both legs, then lift left leg, placing ankle on right leg beyond right knee. Breathe for 3-6 breaths, nudging left knee to floor.
3. On last *exhalation*, release and straighten legs and repeat on other side.

CONTRAINDICATIONS

Recent hip or knee surgery or injury; colds; flu; sinus infections; some rotator cuff conditions; recent shoulder or wrist injuries