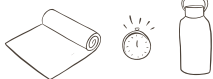


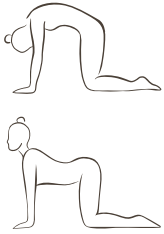






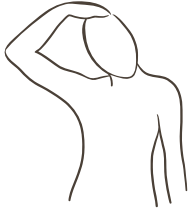

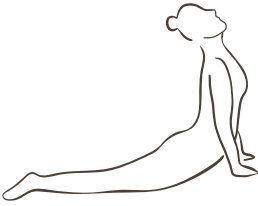

10 Minute Stretch Series

Introducing our 10-minute stretch series, designed to prioritize self-care. Experience relief from aches, pains, and tight muscles after a long day on your feet, or simply find peace and calm for your busy mind. This stretch series is for you.

<p>What you need:</p>		<p>Stop watch or timer, yoga mat, water bottle</p>
<p>Mindset Opening Stretch: Child's Pose</p>		<p>Time: 1 minute hold</p> <p>Benefits: This full body stretch will allow for a calm and relaxing moment, known for managing stress it allows our minds to rest.</p> <p>How: Start by kneeling on the mat, touching your big toes together, choose knees closer or hip width apart and fold forward stretching your arms forward against the floor. Allow your head to rest, and breathe in and out.</p>
<p>Lower Back: Runner's Lunge</p>		<p>Time: 1 minute, 30 second hold on each leg</p> <p>Benefits: This stretch will focus on hips, hip flexors, glutes, core, quads and lower back.</p> <p>How: Transition to a plank position, step right foot forward towards the outer edge of your mat and to the right of your pinky finger. Hold for 1 minute and switch to the opposite side. If you're looking for a deeper stretch, hold for 30 seconds on your hands. Transition to elbows for 30 seconds and then repeat on the opposite side.</p>
<p>Mid-Back: Cat Cow Stretch</p>		<p>Time: 1 minute, transitioning from cat to cow</p> <p>Benefits: Spine mobility, stretching your back, torso and neck.</p> <p>How: Place your hands shoulder-width apart and set knees directly below your hips. While inhaling, dip your back and look upwards while tilting your pelvis up (cow). Deeply exhale while arching your spine and lowering your head (cat). Transition back and forth slowly while staying steady with your breath.</p>
<p>Upper Back: Shoulder Blade Stretch</p>		<p>Time: 1 minute; 30 seconds on each side</p> <p>Benefits: Relieve upper back pain by stretching your rhomboid muscles and many more that lie in-between and around your shoulder blades to neck.</p> <p>How: Slowly stand tall, or stay on your knees sitting upright, and stretch your arms in front of your body. Cross right elbow over the left and allow the back sides of your hands to touch with fingers to the ceiling. Slightly reach elbows forward to allow your shoulder blades to separate, and gently lower your head. Hold for 1 minute and switch to the other side.</p>
<p>Hamstrings: Forward Fold</p>		<p>Time: 1 minute</p> <p>Benefits: Stretches and releases tension in hamstrings, neck and back.</p> <p>How: Standing with feet hip-width apart and knees slightly bent, exhale while slowly lowering hands to the floor and folding forward from the hips. Keep knees slightly bent and tuck your chin towards your chest. Relax your shoulders. Feel free to wrap arms behind calves or rock from side to side slowly for a deeper stretch.</p>

BACK FOCUS

LOWER BODY FOCUS

LOWER BODY FOCUS	Quads: Quad Stretch		<p>Time: 1 minute, 30 seconds on each side</p> <p>Benefits: This stretch deepens our core and low back by stretching and lengthening your quads, loosening your hip flexors and ankles.</p> <p>How: Standing with your feet directly below your hips, shift weight to the right side. Lift your left foot and grasp with your left hand. Gently pulling your left foot into your left glute you will feel your left quad stretch. Hold for 30 seconds while breathing intentionally and repeat on other side.</p>
	Lower Body: Happy Baby Pose		<p>Time: 1 minute</p> <p>Benefits: This stretch opens the inner thighs, hips and groin. Reducing lower back and lower body pain while easing stress and anxieties.</p> <p>How: Lie flat on your back with head to the mat, bend your knees toward your chest at a 90-degree angle. Facing the soles of your feet to the ceiling, reach and grab hold of either the inside or the outside of your feet. Gently hold while focusing on your breath. Feel free to gently rock from side to side for a deeper stretch and a gentle massage to the back.</p>
UPPER BODY FOCUS	Neck: Chin Tuck with Side Bend Stretch		<p>Time: 1 minute, 30 seconds on each side</p> <p>Benefits: This stretch helps keep the neck in alignment with our spine while reducing neck pain.</p> <p>How: Transition to sitting with legs crossed or standing tall. Lower your head, tucking your chin to chest. Gently bend your head to the left side positioning your ear to your shoulder, place left hand on the top of your head to assist in furthering the stretch. To deepen, try pulling your right shoulder towards the floor. Do on both sides.</p>
	Triceps: Tricep Stretch		<p>Time: 1 minute, 30 seconds on each side</p> <p>Benefits: This stretch improves flexibility, range of motion and allows a moment of rest for your sore or tight tricep and upper body muscles.</p> <p>How: Standing straight with feet hip-width apart, lift and bend your left arm behind your head until your hand is flat against your back. Grasp your left elbow with your right hand to assist in deepening the stretch. Keep shoulder down and breathe. Do on both sides.</p>
	Core: Cobra Stretch		<p>Time: 30 seconds</p> <p>Benefits: This stretch releases tension in abs and lower back. It also stimulates the abdominal and digestive organs and improves digestion.</p> <p>How: Lie face down with hands under your shoulders. Lengthen spine by pointing toes downward and slowly lift torso as high as you comfortably can, trying to fit hips slightly above the floor. Hold while intentionally breathing, and then release back to starting position.</p>
	Mindset Closing Stretch: Prayer Pose		<p>Time: 30 seconds</p> <p>Benefits: This stretch opens up your chest and improves your respiratory system.</p> <p>How: Sit cross-legged or legs straight out in front of you. Moving arms in front of your chest, place palms of hands together in praying position. Ensure your elbows are even with your ribcage, and shoulders are relaxed. Breathe and calm your mind with gratitude, thanking your body and mind for all it does for you.</p>

We hope you enjoyed the experience of gifting your body with this moment of pause, deep breathing, strengthening and lengthening your muscles, and most importantly thanking your vessel for all it accomplishes for you daily.

We look forward to connecting with you deeper, whether you are a beauty professional or a client of one, we welcome you into the Hainsworth family and can't wait to continue to better ourselves alongside you.