



HEALTHY ROUTINES EDUCATIONAL SERIES

Cobra Stretch*

- *Begin lying face down on your mat or floor with your head slightly lifted and your hands placed directly under your shoulders.*
- *Point your toes downward so the tops of your feet are on the mat.*
- *As you exhale, press your arms straight and lift your upper body while keeping the front of your hips on the mat.*
- *Keep your legs and feet relaxed and on the ground.*
- *Keep your abdominals contracted and breathe slowly.*
- *Hold this pose for 15-30 seconds Repeat 3-5 times.*



**Disclaimer: If during this exercise you have any pain or discomfort, discontinuing and contact our office*

Benefits:

- *Increase general flexibility*
- *Improves spinal posture, flexibility, and alignment*
- *Reduces back pain*
- *Improves circulation*
- *Improves lung capacity*

Scan for video tutorial

