

Conscious Stretching: Basic Principles

1. Awareness of SENSATION: information comes from all parts of our bodies, not just the sense-organs.
2. Our bodies are our very best teachers. We just have to listen to what they are telling us.
3. The breath is an excellent “barometer” of our bodies’ level of activity and/or stress: notice the rhythm, how deep and how wide.
4. Stretching invites INHALE.
5. Release encourages EXHALE.
6. After stretching, always LOOSEN the muscles by shaking, circling, stepping or “swimming.”

