



### *Cat–Cow Stretch*

Start on your hands and knees. Gently arch your back up toward the ceiling like a cat, then slowly let your belly drop down as you lift your head and tailbone for the cow pose. Move back and forth a few times to loosen up your back and release tension.

### *Child's Pose*

From your hands and knees, bring your big toes together and spread your knees wider than your hips. Sit your hips back toward your heels, reach your arms forward, and rest your forehead on the mat. Take a few slow, deep breaths to relax your back and hips.

### *Butterfly Stretch*

Sit down and bring the soles of your feet together, letting your knees fall open to the sides. Hold your feet and gently lean forward if it feels good. You'll feel a nice stretch in your hips and inner thighs.

### *Pelvic Tilts*

You can do these while standing or sitting on an exercise ball. Gently rock your hips back and forth, tuck your tailbone under, then tilt it out again. It's a simple way to wake up your core and ease any lower-back stiffness.

### *Hip Flexor & Quad Stretch*

Lie on your side with your bottom leg straight. Bend your top leg and gently pull your heel toward your butt. Try to press your hip slightly forward this helps open up the front of your hip and stretch your thigh.

