

Table Sequence Explanation

Preparation

- **This sequence is done standing up next to or in front of the table**
- **You can use the kitchen table or any other smaller table or desk**
- **Make sure the table you use is stable enough to hold your body**

Table Pose 1 (side stretch)

- **Stand up next to (on the side of) the table**
- **Lift the leg that is closest to the table**
- **Place the leg on the table: inner thigh (upper part of the leg) stretch**
- **Lift the opposite arm (the opposite side of the lifted leg)**
- **Slowly bend your upper body to the side of the leg on the table**
- **Bend towards the toes/feet**
- **Keep the arm over the head**
- **Repeat this upward and sideward movement with the upper body as the leg remains on the table**
 - ❖ **Breathe in: come up**
 - ❖ **Breathe out: bend sideways**
- **Repeat this with the other leg**

Table Pose 2 (front stretch)

- **Stand on the side of the table and face the table (hips towards the table)**
- **Lift one leg and place it on the table (front stretch)**
- **Lift both arms up**
- **Bend your upper body forward/downwards towards the foot of the lifted leg**
- **Repeat this upward and downward movement with the upper body as the leg remains on the table**
 - ❖ **Breathe in: come up**
 - ❖ **Breathe out: bend downwards**
- **Repeat this with the other leg**

[https://www.youtube.com/watch?v=QhGdlhR6-1w&list=PLjs4G0_dLq3GynpuIY3GW098PBYuE8iW &index=27](https://www.youtube.com/watch?v=QhGdlhR6-1w&list=PLjs4G0_dLq3GynpuIY3GW098PBYuE8iW&index=27)