

Stool Sequence Explanation

Instructions

Stool Pose 1

- Sit on the stool
- Lift one leg
- Grab the foot with the hands
- Stretch the leg
- Bend your arms to bring the leg closer to you for a deeper stretch
- Repeat for a few times, changing legs

Stool Pose 2

- Sit on the stool
- Open your legs wide
- Bend your upper body forward
- With your elbows (arms) push your knees back
- Sway from one side to the other to get a deeper stretch

Stool Pose 3

- Sit on the stool
- Cross your legs ex right over left leg
- Get your opposite arm (to the leg on top) and push the knee with the elbow
- Twist your upper body to the back for a nice spine twist
- Look back and over the shoulder with your head
- Change legs and repeat on the other side

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[https://www.youtube.com/watch?v=eSoGcm4BygM&list=PLjs4G0_dLq3GynpulY3GW098PBYuE8iW &index=26](https://www.youtube.com/watch?v=eSoGcm4BygM&list=PLjs4G0_dLq3GynpulY3GW098PBYuE8iW&index=26)