



# Active Prayer Stretch

***~Let Hope Be Your Guide to Health***

## *The active prayer stretch*

Your starting position:

.Kneel on a bed or floor with your knees slightly apart. Then, sit back on your heels. Be sure that your ankles are off the bed. Then, place your arms overhead bending them at the elbows. Tuck your chin slightly and be sure you are not shrugging your shoulder up towards your ears.

.Once in the proper position:

1. Breathe in (you will notice that your mid-back rounds upwards slightly)
2. .Then let your breath go while you let your breast bone collapse towards the floor.
3. When almost out of breath actively exhale or cough to help bring your chest closer to the floor.