



bernard betel centre

# Long Bus Trip?

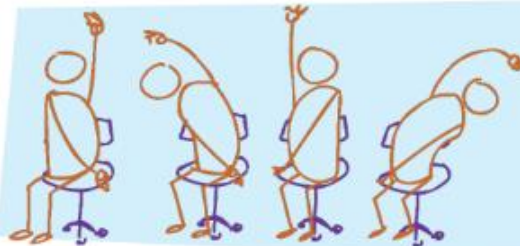
Do yourself a favour and try these every hour. Your body will thank you for this!!

## SEATED CAT:

Begin sitting tall, hands on thighs.  
**Inhale:** tilt pelvis back and bring belly to back of your spine.  
**Exhale:** curve spine toward the back of the chair, forward, drop shoulders, with your chest facing up.  
**Inhale:** round shoulders and look down toward your lap.  
**Exhale:** return to sitting tall.



## SIDE STRETCH:



**Inhale:** raise left arm up toward the ceiling, with palm facing inward.  
**Exhale:** reach left arm up and stretch toward your right.  
**Inhale:** feeling your left torso open.  
**Exhale:** breathing space between your left ribs.  
**Inhale:** stretch a tiny bit further.  
**Exhale:** back to center.  
Repeat with the right arm raised, left arm on thigh.

## NECK STRETCH:

Start with a tall neck.  
**Inhale:** ease your right ear toward your right shoulder.  
**Exhale:** feel left neck muscles stretch.  
**Inhale:** making space on your left side.  
**Exhale:** left shoulder relaxes.  
**Inhale:** lengthen, careful not to strain.  
**Exhale:** return head to center.  
Repeat on other side.



## SIDE STRETCH:



**Inhale:** sitting tall, aligning your head, shoulders, spine & hips.  
**Exhale:** twisting to your right, placing right hand on seat of chair, resting left hand on right thigh.  
**Inhale:** feeling your spine lengthen.  
**Exhale:** twisting a bit more.  
**Inhale:** spine gets taller.  
**Exhale:** release your twist, and come back to center, resting arms.  
Repeat the steps, twisting in the opposite direction.

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We acknowledge financial support from:

Charitable number 11921 5697 RR0001

