



# **The 7-Way Stretch**

by

**Nerissa Fields**



**Illustrations by Jonathan Ure**





I breathe in All That Is—

Awareness expanding  
to take everything in,  
as if my heart beats  
the world into being.

From the unnamed  
vastness beneath the  
mind, I breathe my  
way to wholeness  
and healing.

Inhalation. Exhalation.

Each breath a "yes,"  
and a letting go,  
a journey, and a  
coming home.

**Danna Faulds**



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**Published by Yoga with Nerissa**

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## Nerissa and Students



May and Connor



Callum and Rani



Doug and Emma

# The 7-Way Stretch

**For Lalitambika,**

my yoga companion. We met for the first time in November 1987 at Heathrow airport at 6am on a trip to India. We spent time at the Bihar School of Yoga and then travelled around India. Although we now live five hours' drive from one another and only meet up once, maybe twice, a year, we always pick up just where we left off -thankfully we also speak regularly on the phone.

**THANK YOU    THANK YOU    THANK YOU**

To Jonathan Ure for all his very hard work on the illustrations for the 7-Way Stretches, spending hours of time to get them just right.

To Jacky Nangreave who has been through each 7-Way Stretch with a fine toothcomb, and has given wonderful and useful and positive and creative and constructive feedback.

To Barti Solanki who gave me the idea for this booklet.

To all my students who over the years have been the recipients of working on and trying and testing all the movements.

Thanks too to Barbara Buck, John Burns, Anna Causier. And Doug, Emma, Hannah, Rani, Callum, Ray, Shelagh, Connor, May, Colleen, Chris, Steph, Rory and Sheel who appear in the photographs.

Finally, but not least, to my three sons Callum, Connor and Rory. As I put pen to paper Callum is 18, Connor and Rory are 15; they have been active participants of yoga all of their lives. I thank them for their loud music, their unceasing energy, their love of life and most of all for the joy and sunshine that they bring to mine.

*'You cannot do great things in this world. You can only do small things with great love.'*

Mother Theresa

## **Foreword**

No one is better qualified than Nerissa Fields to produce this simple and subtle stretching sequence which promotes a measurable feeling of well-being.

Nerissa taught prisoners in HMP Gartree for three and a half years, working with challenging groups of students on three months de-tox programmes. It is a testament to her skill and understanding of the power of yoga that many of her students from her classes five years ago, still practice daily and mention her name to yoga teachers in other establishments they have since been transferred to.

Nerissa qualified as a yoga teacher more than 25 years ago and is trained as a nurse in mental health and for those with learning disabilities. Her experience has led to a great sensitivity in understanding people's worries about their own physical restrictions and here she has given us all a clear way we can rid out bodies of tension and free our minds too.

What is effective about these stretches is their juxtaposition and balance. Anyone of any size, age or ability can find a 7-Way Stretch to suit them. They can ease themselves into the movements and feel their releasing effects, whether they are in a small space like a prison cell or confined to a wheelchair. In this sense the sequence is a wonderful reminder that at essence, none of us are separate.

A handwritten signature in black ink that reads "Sandy Chubb". The signature is fluid and cursive, with the first name "Sandy" and the last name "Chubb" clearly distinguishable.

Sandy Chubb  
Director  
The Prison Phoenix Trust  
Oxford

# Introduction

I initially put the 7-Way Stretch together as a set of movements that could be practised at home which did not take long but could be worked with slowly encompassing mind, body and breath. The 7-Way Stretch is a sequence of movements which includes: an overall stretch, a twist, a side bend, a backward bend and a forward bend.

There are a range of 7-Way Stretches to choose from in this booklet: 7-Way Stretches for absolute beginners, for those with some experience and for those who want to work in greater depth. There are also 7-Way Stretches for those who are pregnant and post-natally, for children and for those who prefer to work on the floor or sit on a chair. There is a 7-Way Stretch here just for you. The role of the breath with the movements is key and each of the 7-Way Stretches can be considered a moving meditation.

From No. 1 to No. 15 they are placed in an order which you can work through. Work with each 7-Way Stretch thoroughly before moving on to the next. It is important to read through each 7-Way Stretch before practising it.

Yoga in the Park was put together specially for when I teach in the park!

I say to my students that if you practice yoga every day for fifteen minutes for three months it changes your life. It spills into the other areas of your life and has a cumulative effect. It does not mean that you do not shout at those you love; it just means that you might shout a little less often and a little less loudly.

For teachers: feel free to photocopy 7-Way Stretches from this booklet to use in your classes.

Nerissa Fields

(BA (Hons); RMN/RNMH; BWYTD; FCA; IIHT)

May 2008

NB

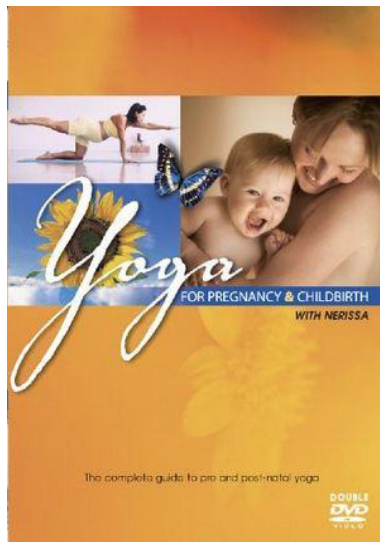
For those who have any pre-existing medical conditions, such as high blood pressure or back problems, it is important to seek medical advice before practicing the 7-Way Stretches, or any other programme of physical exercise.

*“Anyone who practices can obtain success in yoga but not one who is lazy. Constant practice alone is the secret of success.”*

*Hatha Yoga Pradipika*



## ***Yoga For Pregnancy & Childbirth (DVD or Video)***



### **Synopsis**

This yoga DVD is designed for women with little or no experience of yoga after the third month of pregnancy. Includes sections that helps women to prepare for and relax during pregnancy from the three month check right up to childbirth itself and some valuable post natal yoga techniques to follow after the six week check-up.

N.B. Remember to always check with the doctor or midwife before commencing any exercise programme.

### **Yoga With Nerissa Order Form**

Please send me ... pack(s) @ £15.99 per pack (add £2 per order for postage and packing) to: Yoga for Pregnancy, 30 Cambridge St, Leicester, LE3 0JP, Cheques payable to Yoga with Nerissa.

Name	
Address	
Postcode	
DVD or Video	

We will send you your DVD or video as soon as possible but please allow 28 days for delivery.



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**Connor and May  
7-Way Stretch No. 1  
Stretch No. 2 - Side Bend**



## **7-Way Stretch No. 1**

### **Tadasana**

Stand in tadasana, the mountain pose.

Tada means mountain.

The heels sink down, the feet parallel and slightly apart throughout; the crown of your head rises up; allow the tailbone to lengthen towards the floor as you elongate the spine;

the abdominal muscles are gently toned.

Let the shoulders drop, the chin be loose, the chest be open.

EXHALE.



### **Stretch No. 1**

INHALE as you take both arms up.

EXHALE as you lower both arms down.



### **Stretches No. 2 & No. 3 - Side Bend**

INHALE as you take your left arm up

EXHALE as you stretch over to the right, stretching from the hip.

Keep the chin in line with the breastbone.

INHALE as you come back to centre

EXHALE as you lower your arm down.

Repeat on the other side.



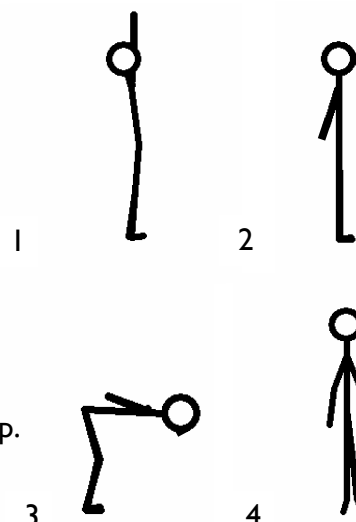
### **Stretches No. 4 & No. 5 - Twist**

INHALE as you take both hands behind your head, do not clasp the hands.  
The chin is in line with the breastbone  
EXHALE as you twist to one side, keep your feet and knees to the front, move the hips as little as possible. The elbows are back, the shoulders and chest open.  
INHALE as you come back to centre.  
Repeat on the other side.  
EXHALE as you lower your arms down.



### **Stretches No. 6 & No. 7 - Backward Bend and Forward Bend**

INHALE as you stretch both arms up, looking up.  
EXHALE as you lower your arms down and clasp your hands behind your back,  
INHALE as you lengthen the spine and tone the abdominals, keep the knees soft.  
EXHALE as you stretch into the forward bend.  
Lengthen the neck, lengthen too the front of the body from the pubic bone to the collar bone.  
INHALE as you come up to standing and release your arms.  
EXHALE in tadasana.  
Softly close your eyes, observe mind, body and breath.  
Your heels sinking down, the crown of your head rising up.  
You are tall.  
You are strong.  
You are powerful.



**Nerissa Fields**

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*“This calm steadying of the senses is known as yoga, then one should become watchful, for yoga comes and goes.”*

*Katha Upanishad*



**Emma and Doug  
7-Way Stretch No. 1  
Stretch No. 4 - Twist**



**Callum and Rani**  
**7-Way Stretch No. 2**  
**Stretch No. 2 - Side Bend**



## **7-Way Stretch No. 2**

### **Tadasana**

Stand in tadasana, the mountain pose.

Tada means mountain.

The heels sink down, the feet parallel and slightly apart throughout; the crown of your head rises up;

allow the tailbone to lengthen towards the floor

as you elongate the spine;

the abdominal muscles are gently toned.

Let the shoulders drop, the chin be loose, the chest be open.

EXHALE.



### **Stretch No. 1**

INHALE as you take both arms up and go up onto your toes.

EXHALE as you take your heels down.

INHALE into the stretch,

EXHALE as you lower your arms down.



### **Stretches No. 2 & No. 3 - Side Bend**

INHALE as you look to the left and place your left palm on your forehead.

EXHALE as you slide your right arm down

INHALE as you come back to centre

EXHALE as you look to the front and lower your arm down.

Repeat on the other side.





### **Stretches No. 4 & No. 5 - Twist**

INHALE as you stretch your arms out from your shoulders. Keep the arms in line.

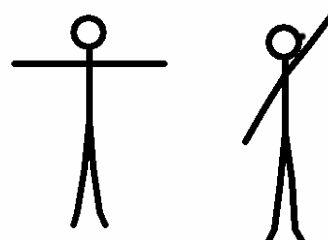
EXHALE as you twist round to one side, the chin in line with the breastbone.

Keep your feet and knees to the front, move the hips as little as possible.

INHALE as you come back to centre.

Repeat on the other side.

EXHALE as you lower your arms down.



### **Stretch No. 6 - Backward Bend**

INHALE as you clasp your hands behind your back and look up.

EXHALE as you come back to centre.

INHALE as you lengthen the spine and gently tone the abdominals.



### **Stretch No. 7 - Forward Bend**

EXHALE as you stretch into the forward bend, Lengthen the neck, lengthen too the front of the body from the pubic bone to the collar bone. The knees are soft.

INHALE from the base of the spine to the top of the neck.

EXHALE as you release your arms and continue the forward bend. Keep the back long.

INHALE in the forward bend.

EXHALE, as you slowly uncurl, head, neck and shoulders coming up last of all, and bring yourself back to tadasana.

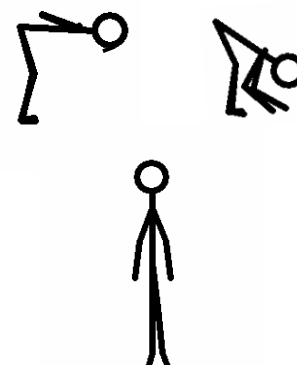
Softly close your eyes, observe mind, body and breath.

Your heels sinking down, the crown of your head rising up.

You are tall.

You are strong.

You are powerful.



**Nerissa Fields**

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## **7-Way Stretch No. 3**

### **Tadasana**

Stand in tadasana, the mountain pose.  
Tada means mountain.  
The heels sink down, the feet parallel and slightly apart;  
the crown of your head rises up;  
allow the tailbone to lengthen towards the floor  
as you elongate the spine;  
the abdominal muscles are gently toned.  
Let the shoulders drop, the chin be loose, the chest be open.  
Take the palms together.  
EXHALE.



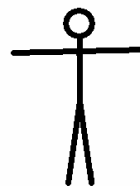
### **Stretch No. 1**

INHALE as you go up onto your toes, feet  
parallel and slightly apart, take both  
arms up and over your head.  
EXHALE as you lower your heels down.  
INHALE into the stretch  
EXHALE as your arms come down level with your  
shoulders.



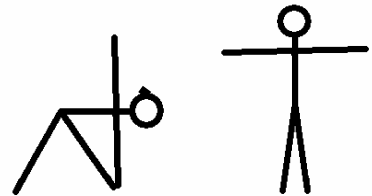
### **Stretches No. 2 & 3 - Twist**

INHALE as you stretch from shoulders to fingertips.  
arms outstretched, feet slightly apart and parallel.  
Keep the arms in line.  
EXHALE as you twist round to one side looking at your hand,  
your feet and knees to the front,  
move the hips as little as possible.  
INHALE as you come back to centre.  
Repeat on the other side.  
Arms still outstretched.



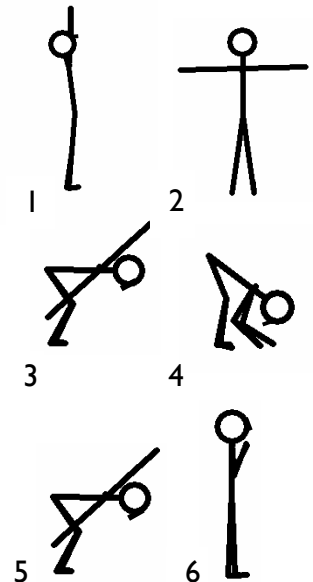
### **Stretches No. 4 & 5 - Side Bend**

EXHALE as you take your legs apart, feet parallel and stretch into a side bend, bending the knee if more comfortable, look up at your hand.  
INHALE as you come back to centre, arms still outstretched.  
Repeat on the other side.  
EXHALE as you come back to standing, the feet come together, arms still outstretched.



### **Stretches No. 6 & 7 - Backward Bend and Forward Bend**

INHALE as you stretch both arms up, looking up.  
EXHALE as your arms come down and stretch out from your shoulders,  
INHALE as you stretch from shoulders to fingertips.  
EXHALE as you stretch into the forward bend, back parallel to the floor, arms still outstretched, keep the knees soft. Lengthen the front of the body from the pubic bone to the collar bone.  
INHALE as you stretch from shoulders to fingertips.  
EXHALE as you continue your forward bend and take your arms towards the floor.  
Keep the back long.  
INHALE as you come up parallel to the floor, arms outstretched.  
EXHALE as you come up to tadasana, wait for the breath in and bring your palms together.  
Softly close your eyes, observe mind, body and breath.  
Your heels sinking down the crown of your head rising up.  
You are tall.  
You are strong.  
You are powerful.



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## **7-Way Stretch No. 4**

### **Tadasana**

Stand in tadasana, the mountain pose.  
Tada means mountain.  
The heels sink down the feet parallel and slightly apart, the crown of your head rises up, allow the tailbone to lengthen towards the floor as you elongate the spine; the abdominal muscles are gently toned. Let the shoulders drop, the chin be loose, the chest be open. Take the palms together.  
EXHALE.



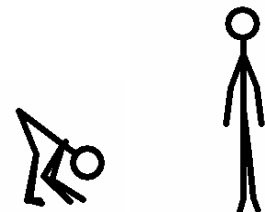
### **Stretch No. 1**

INHALE as you go up onto your toes and take both arms up and over your head. EXHALE as you take your heels down, INHALE into the stretch.



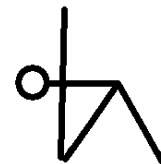
### **Stretch No. 2 - Forward Bend**

EXHALE as you stretch into the forward bend, keep the knees soft and the back long. Lengthen the front of the body from the pubic bone to the collar bone. INHALE as you come up to centre. EXHALE as you lower your arms down.



### **Stretches No. 3 & No. 4 - Side Bend**

INHALE as you take your feet apart, arms outstretched from your shoulders.  
EXHALE as you stretch into a side bend, bending the knee if more comfortable.  
INHALE as you come back to centre, arms still outstretched.  
Repeat on the other side.



### **Stretches No. 5 & No. 6 - Twist**

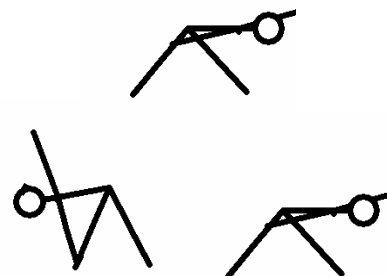
EXHALE as you stretch forward, back parallel to the floor, arms outstretched.

INHALE from shoulders to fingertips.

EXHALE as you take your left hand to your right leg, stretch your right arm up and look up.

INHALE as you come back to centre, back still parallel to the floor.

Repeat on the other side. Come up on an EXHALATION.



### **Stretch No. 7 - Backward Bend**

INHALE as you take both arms up, looking up.

EXHALE as you come back to tadasana

bring the feet together and the palms to the chest.

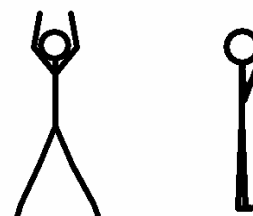
Softly close your eyes, observe mind, body and breath.

Your heels sinking down, the crown of your head rising up.

You are tall.

You are strong.

You are powerful.



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*“Change is not something that we should fear.*

*Rather, it is something that we should welcome.*

*For without change, nothing in this world would ever grow or blossom,*

*and no one in this world would ever move forward to become the person they’re meant to be.”*

*(anon.)*



## **7-Way Stretch No. 5**

### **Tadasana**

Stand in tadasana, the mountain pose.

Tada means mountain.

The heels sink down, the feet parallel and slightly apart, the crown of your head rises up; allow the tailbone to lengthen towards the floor as you elongate the spine; the abdominal muscles are gently toned.

Let the shoulders drop, the chin be loose, the chest be open.

Take your palms together.

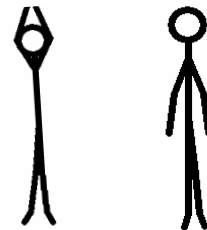
EXHALE.



### **Stretch No. 1**

INHALE as you take both arms up and over your head.

EXHALE as you lower your arms down.



### **Stretches No. 2 & No. 3 - Twist**

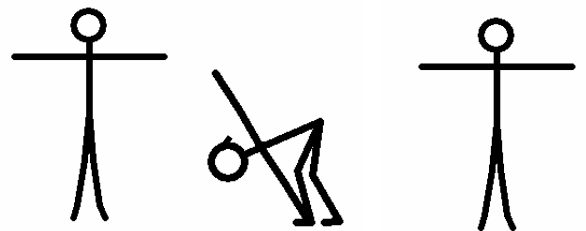
INHALE as you stretch both arms out from your shoulders, feet parallel and slightly apart.

EXHALE as you take your left hand down to your right leg, bend the knees if more comfortable, and look up at your right hand,

INHALE as you take your arms out to the sides, and come back to standing, your arms still outstretched.

EXHALE as you go down to the right.

INHALE as you come back to standing, arms still outstretched.



### **Stretches No. 4 & No. 5 - Side Bend**

**&**

### **Stretch No. 6 - Backward Bend**

EXHALE from the top of the neck to the base of the spine.

INHALE as you stretch both legs apart, feet parallel.

and take your palms face down.

EXHALE as you turn your left foot in line with the instep of your right, bend the left leg at the knee, look to the left, the knee should not go beyond the ankle.

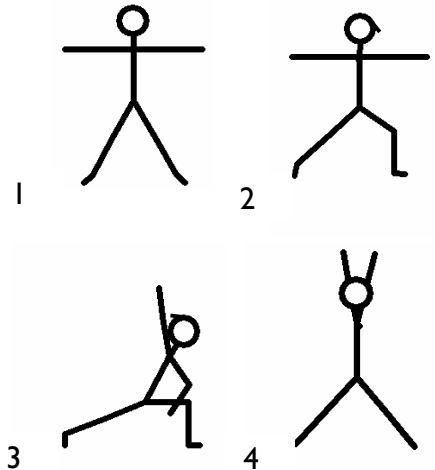
INHALE as you place your left forearm on your left thigh and stretch your right arm up, looking up.

EXHALE as you come back to centre, feet parallel, palms face down, arms outstretched.

INHALE as you stretch from shoulders to fingertips.

Repeat on the other side and with the final

INHALATION stretch both arms up, looking up.



### **Stretch No. 7 - Forward Bend**

EXHALE as you stretch into the forward

bend. Keep the knees soft and the back long.

Breathe into the stretch.

Stretch the legs further apart if comfortable, keep the weight towards the outsides of your feet.

INHALE as you jump or walk your feet together.

EXHALE as you come back to standing.

Wait for the INHALATION.

EXHALE as you bring your palms together and come back to tadasana.

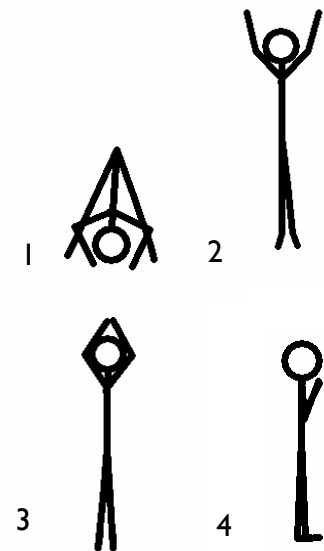
Softly close your eyes, observe mind, body and breath.

Your heels sinking down, the crown of your head rising up.

You are tall.

You are strong.

You are powerful.



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## **7-Way Stretch No. 6**

### **Tadasana**

Stand in tadasana, the mountain pose.  
Tada means mountain.  
The heels sink down, the feet parallel and slightly apart, the crown of your head rises up;  
allow the tailbone to lengthen towards the floor as you elongate the spine;  
the abdominal muscles are gently toned.  
Let the shoulders drop, the chin be loose, the chest be open.  
Take your palms together.  
EXHALE.



### **Stretch No. 1**

INHALE as you take your arms apart and go up onto your toes.  
EXHALE as the heels come down.  
INHALE into the stretch.  
EXHALE as you lower your arms down and take the palms together.



### **Stretches No. 2 & No. 3 - Backward Bend and Forward Bend**

INHALE as you take both arms up and look up.  
EXHALE as you stretch into the forward bend.  
Lengthen the front of the body from the pubic bone to the collar bone.  
Keep the knees soft and the back long.  
INHALE whilst in the forward bend,  
come up on the EXHALATION, wait for the breath in  
EXHALE and bring the palms together.



### **Stretches No. 4 & No. 5 - Twist**

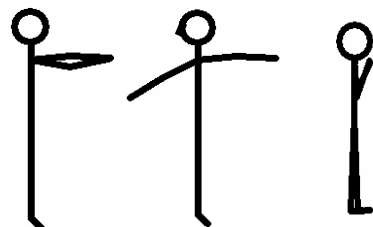
INHALE as you go up onto your toes and stretch your arms out in front with the palms together.

EXHALE as you stretch one arm behind, looking at your hand, your feet and knees to the front, move the hips as little as possible.

INHALE as you bring your arms back to centre.

Repeat on the other side.

EXHALE as you lower your heels to the floor and the palms come back to the chest.



### **Stretches No. 6 & No. 7 - Side Bend**

INHALE as you stretch both legs and arms apart, feet parallel and palms face down.

EXHALE as you turn your left foot in line with the instep of your right, bend the left leg at the knee, look to the left, the knee should not go beyond the ankle.

INHALE as you place your left forearm on your left thigh and stretch your right arm up, looking up.

EXHALE as you come back to centre, feet parallel.

INHALE from shoulders to fingertips.

EXHALE as the palms come together.

INHALE from the base of the spine to the top of the neck.

Repeat on the other side.

EXHALE as you come back to tadasana with palms together.

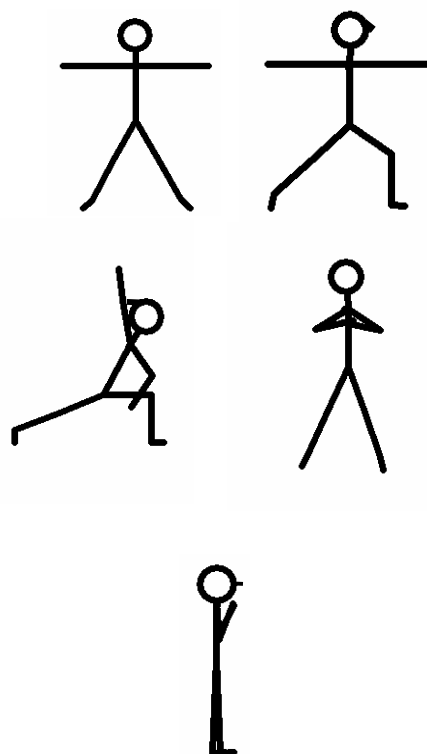
Softly close your eyes, observe mind, body and breath.

Your heels sinking down, the crown of your head rising up.

You are tall.

You are strong.

You are powerful.



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## **7-Way Stretch No. 7**

### **Tadasana**

Stand in tadasana, the mountain pose.

Tada means mountain.

The heels sink down, the feet parallel and slightly

apart; the crown of your head rises up;

allow the tailbone to lengthen towards the floor

as you elongate the spine;

the abdominal muscles are gently toned.

Let the shoulders drop, the chin be loose, chest be open.

EXHALE.



### **Stretch No. 1**

INHALE as you stretch up onto your toes, feet parallel and slightly apart and take both arms up and over your head, clasping your hands together.

EXHALE as you lower the heels down and turn the palms face upwards, hands still clasped.

INHALE into the stretch and look up.

EXHALE as you bring your arms down by your sides and look to the front.



### **Stretches No. 2 & No. 3 - Side Bend**

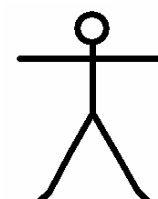
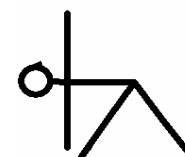
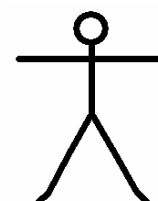
INHALE as you take your feet apart and parallel, stretch your arms out from your shoulders.

EXHALE as you take your right foot in line with the instep of the left and take your right hand down towards your right leg, bend the knee if more comfortable.

Lengthen your spine, take your left arm upwards

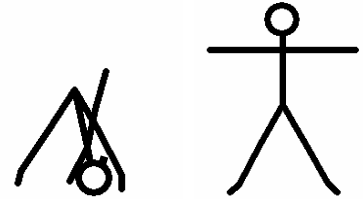
and look up. INHALE as you come back to centre, feet parallel,

arms outstretched. Repeat on the other side. Arms still outstretched.



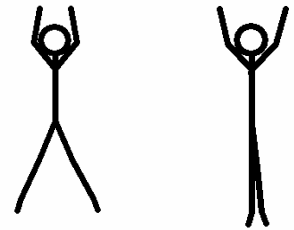
### **Stretches No. 4 & No. 5 - Twist**

Keeping the back long and the chest open  
EXHALE as you bend forward and take your right arm  
down to centre, look up at your left hand,  
bend your knees if more comfortable.  
INHALE as you come back to standing.  
Repeat on the other side.  
EXHALE from the top of the neck to the base of the spine,  
arms still outstretched.



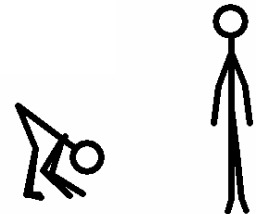
### **Stretch No. 6 - Backward Bend**

INHALE as you stretch both arms up, looking up.  
EXHALE as you bring your feet together and look  
to the front, the arms still stretching upwards.  
INHALE into the stretch.



### **Stretch No. 7 - Forward Bend**

EXHALE as you stretch into the forward bend.  
Keep the knees soft and the back long.  
Lengthen the front of the body from the pubic bone  
to the collar bone.  
INHALE as you come up to standing.  
EXHALE as you lower your arms down and come back to tadasana.  
Softly close your eyes, observe mind, body and breath.  
Your heels sinking down, the crown of your head rising up.  
You are tall.  
You are strong.  
You are powerful.



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## **7-Way Stretch No. 8 - Yoga in the Park**

### **Tadasana - Mountain Pose**

Stand in tadasana, the mountain pose.

Tada means mountain.

The heels sink down, the feet parallel and slightly apart; the crown of your head rises up; allow the tailbone to lengthen towards the floor as you elongate the spine; the abdominal muscles are gently toned.

Let the shoulders drop, the chin be loose, the chest be open.

Take the palms together.

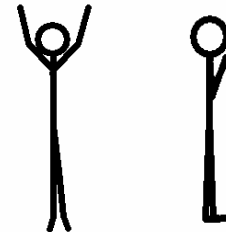
EXHALE.



### **Stretch No. 1 - The No. 1 Shape**

INHALE as you go up onto your toes and take your arms up and apart.

EXHALE as you take your heels down and the palms come together onto the chest.



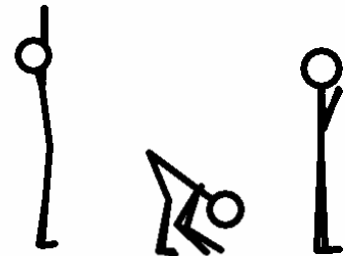
### **Stretches No. 2 & No. 3** **Backward Bend & Forward Bend**

INHALE as you stretch both arms up, looking up.

EXHALE as you stretch forward, knees soft, back long, lengthening the front of the body and stretch into the forward bend.

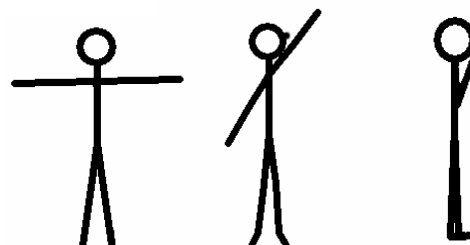
INHALE as you come back to tadasana, keeping your back long and your knees soft.

Bring the palms together as you EXHALE.



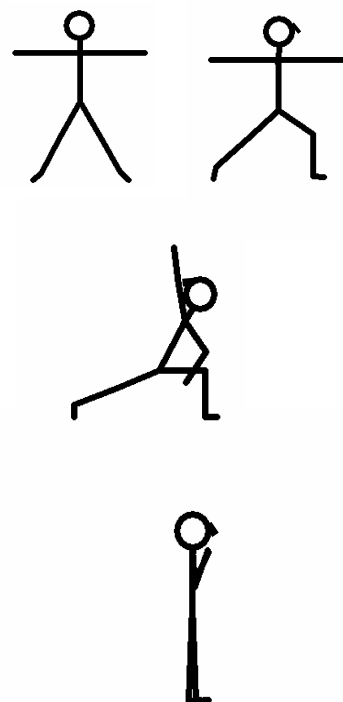
### **Stretches No. 4 & No. 5** **Twist - The T-Shape**

INHALE as you go up onto your toes and stretch your arms out from your shoulders.  
Keep the arms in line,  
EXHALE as you twist to one side looking at your hand. Your feet and knees to the front, move the hips as little as possible.  
INHALE as you come back to centre.  
Repeat on the other side.  
EXHALE as you take the heels down and the palms come together.



### **Stretches No. 6 & No. 7** **Side Bend - Superman/Superwoman**

INHALE as you stretch both legs apart, feet parallel, the arms outstretched, and take your palms face down.  
EXHALE as you take your left foot in line with the instep of your right and bend the left leg at the knee, look to the left, the knee does not go beyond the ankle.  
INHALE as you place your left forearm on your left thigh and stretch your right arm up, looking up.  
EXHALE as you come back to centre, feet parallel, palms face down, arms outstretched.  
INHALE as you stretch from shoulders to fingertips.  
Repeat on the other side.  
EXHALE as you come back to tadasana and bring your palms together.  
Softly close your eyes, observe mind, body and breath.  
Your heels sinking down, the crown of your head rising up.  
You are tall.  
You are strong.  
You are powerful.



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**Hannah and Colleen  
7-Way Stretch No. 8  
Stretch No. 6 - Side Bend**





**Steph and Chris**  
**7-Way Stretch No. 9**  
**Stretch No. 3 - Side Bend**



**Emma and Doug**  
**7-Way Stretch No. 9**  
**Stretch No. 4 - Side Bend**



## **7-Way Stretch No. 9**

### **Tadasana**

Stand in tadasana, the mountain pose.

Tada means mountain.

The heels sink down, the feet parallel and slightly

apart, the crown of your head rises up;

allow the tailbone to lengthen towards the floor

as you elongate the spine;

the abdominal muscles are gently toned.

Let the shoulders drop, the chest be open, the chin be loose.

Take the palms together.

EXHALE.

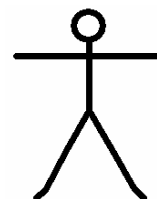


### **Stretch No. 1**

INHALE as you stretch your arms out from your

shoulders and take your feet apart and parallel.

EXHALE from the top of the neck to the base of the spine.

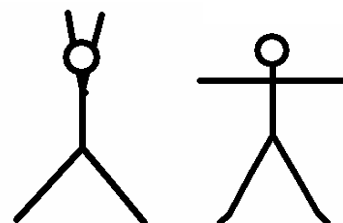


### **Stretch No. 2 - Backward Bend**

INHALE as you stretch both arms up, looking up,

EXHALE as you come back to centre, arms still  
outstretched.

INHALE as you stretch from shoulders to fingertips.



### **Stretches No. 3 & No. 4 - Side Bend**

EXHALE as you take your right foot in line with the

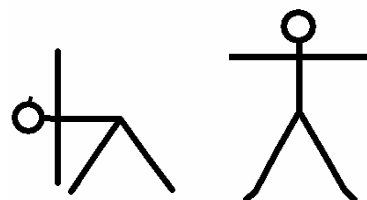
instep of your left and take your right hand down towards

your right leg, bend the knee if more comfortable.

Lengthen your spine, take your left hand upwards  
and look up.

INHALE as you come back to centre, feet parallel,  
arms outstretched.

Repeat on the other side.



### **Stretches No. 5 & No. 6 - Twist**

EXHALE as you stretch forward, back parallel to the floor.

INHALE from the shoulders to fingertips.

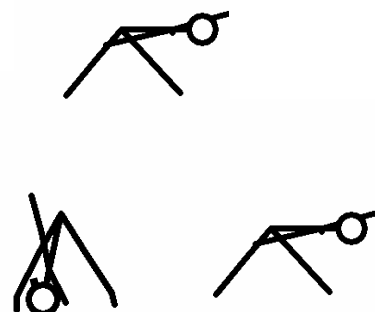
EXHALE as you take your left hand down to centre, look up at your right hand.

Keep the back long and the chest open.

INHALE as you come back parallel to the floor, arms still outstretched.

Repeat on the other side.

Remain with the back parallel to the floor.



### **Stretch No. 7- Forward Bend**

EXHALE as you stretch into the forward bend,

Keep the knees soft and the back long.

Lengthen the front of the body from the pubic bone to the collar bone.

INHALE as you come up parallel to the floor and clasp your hands behind your back.

BREATHE into the stretch.

Lengthen the back of the neck.

EXHALE as you come up to standing.

Wait for the INHALATION.

EXHALE as you come back to tadasana and bring your palms together.

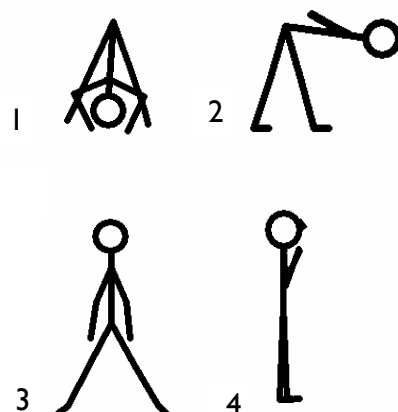
Softly close your eyes, observe mind, body and breath.

Your heels sinking down, the crown of your head rising up.

You are tall.

You are strong.

You are powerful.



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*“This yoga is not possible, O Arjuna, for the one who eats too much, or who does not eat at all; who sleeps too much, or who keeps awake.”*

Bhagavad Gita



**Steph**  
**7-Way Stretch No. 9**  
**Stretch No. 6 - Twist**





**Rory**  
**7-Way Stretch No. 10**  
**Stretch No. 3 - Sun Warrior**



## **7-Way Stretch No. 10**

### **Tadasana**

Stand in tadasana, the mountain pose.

Tada means mountain.

The heels sink down, the feet are parallel and slightly apart; the crown of your head rises up;

allow the tailbone to lengthen towards the floor

as you elongate the spine;

the abdominal muscles are gently toned.

Let the shoulders drop, the chin be loose, the chest be open.

Take the palms together.

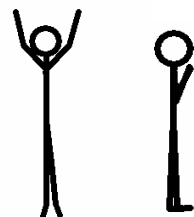
EXHALE.



### **Stretch No. 1**

INHALE as you go up onto your toes and take both arms up and apart.

EXHALE as your heels come down and the palms come back together.



### **Stretches No. 2 & No. 3 - Side Bend: Sun Warrior**

INHALE as you stretch both arms and legs apart, arms outstretched from the shoulders, palms face downwards, feet apart and parallel.

EXHALE as you take your left foot in line with the instep of the right, bend your left leg at the knee, the knee should not go beyond the ankle.

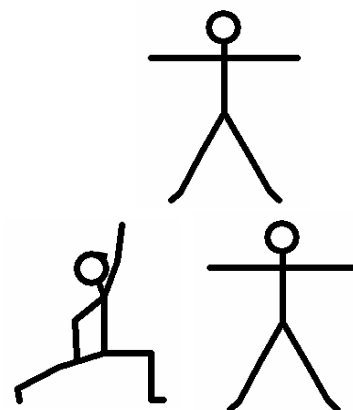
INHALE as you place your right hand on your right leg and stretch your left arm up, looking up.

EXHALE as you come back to centre, feet parallel, palms face down, arms outstretched.

INHALE from shoulders to fingertips.

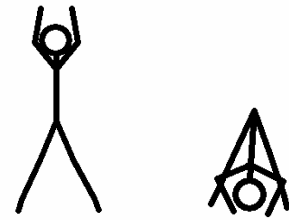
Repeat on the other side, after the second stretch

INHALE as described in Stretch No. 4.



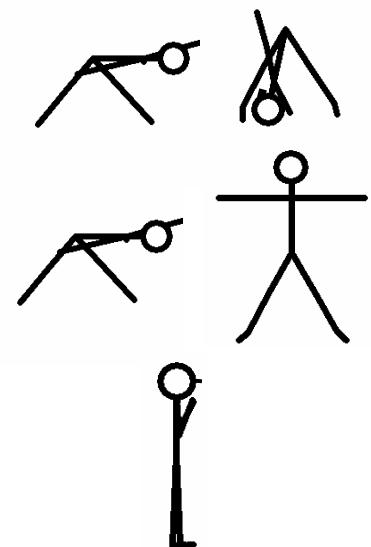
### **Stretches No. 4 & No. 5 - Backward and Forward Bends**

INHALE as you take both arms up and look up  
EXHALE as you stretch into your forward bend,  
keep the back long and the knees soft.  
Lengthen the front of the body from the pubic bone  
to the collar bone.



### **Stretches No. 6 & No. 7 - Twist**

INHALE as you come up parallel to the floor.  
arms outstretched. The back is long.  
EXHALE as you take your left hand down to centre,  
look up at your right hand.  
INHALE as you take both arms parallel to the floor.  
Repeat on the other side.  
Come all the way up to standing on the INHALATION.  
EXHALE as you come back to tadasana and  
bring your palms together.  
Softly close your eyes, observe mind, body and breath.  
Your heels sinking down, the crown of your head rising up.  
You are tall.  
You are strong.  
You are powerful.



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*“Yoga does not remove us from the reality or responsibilities of everyday life but rather places our feet firmly and resolutely in the practical ground of experience. We don't transcend our lives; we return to the life we left behind in the hope of something better.”*

DONNA FARHI, *Bringing Yoga to Life*





## **7-Way Stretch No. 11**

### **Tadasana**

Stand in tadasana, the mountain pose.

Tada means mountain.

The heels sink down, the feet parallel and slightly

apart; the crown of your head rises up;

allow the tailbone to lengthen towards the floor

as you elongate the spine;

the abdominal muscles are gently toned.

Let the shoulders drop, the chin be loose, the chest be open,

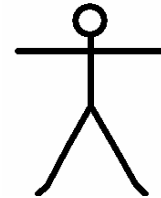
take your palms together.

EXHALE.



### **Stretch No. 1**

INHALE as you stretch your arms out from your shoulders  
and take your feet apart and parallel.

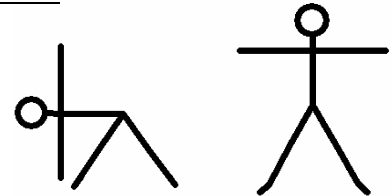


### **Stretches No. 2 & No. 3 - Side Bend**

EXHALE as you stretch into a side bend, bending the knee  
if more comfortable and look up at your hand.

INHALE as you come back to centre,  
arms still outstretched.

Repeat on the other side.



### **Stretches No. 4 & 5 - Twist**

EXHALE as you stretch forward, the back parallel  
to the floor.

INHALE as you stretch from shoulders to fingertips.

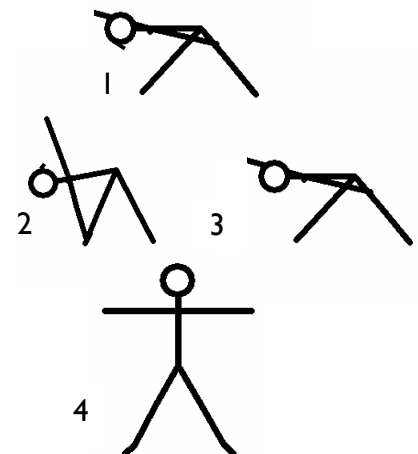
EXHALE as you take your left hand down to the right  
leg and look up, keep the back long and the chest open,  
bend the knee if more comfortable.

INHALE as you come up parallel to the floor, arms still  
outstretched.

Repeat on the other side.

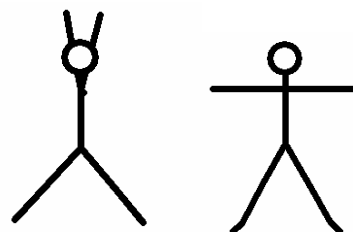
INHALE as you come back to standing.

EXHALE from the top of the neck to the base of the spine,  
arms and legs still outstretched.



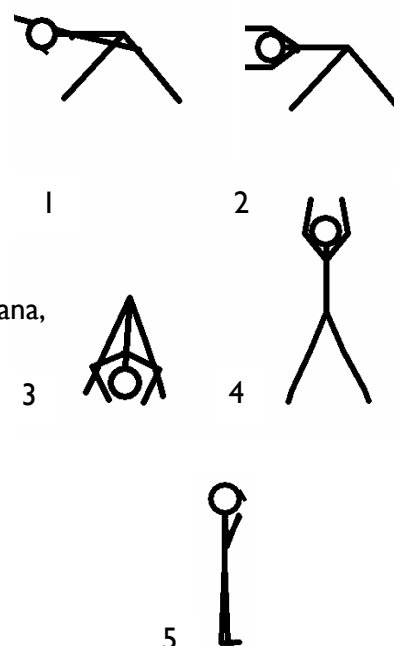
### **Stretch No. 6 - Backward Bend**

INHALE as you stretch both arms up, looking up.  
EXHALE as you take both arms down and out from your shoulders.  
INHALE as you stretch from shoulders to fingertips.



### **Stretch No. 7 - Forward Bend**

EXHALE as you stretch forward, arms outstretched, back parallel to the floor.  
Lengthen the front of the body from the pubic bone to the collar bone.  
INHALE as you lengthen the arms in front, keep the knees soft.  
EXHALE as you stretch into the forward bend,  
INHALE as you keep the back long, open the chest, and come up to standing.  
EXHALE as you lower your arms down and come back to tadasana, bring the feet together and the palms to the chest.  
Softly close your eyes, observe mind, body and breath.  
Your heels sinking down, the crown of your head rising up.  
You are tall.  
You are strong.  
You are powerful.



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*“When the breath wanders the mind also is unsteady. But when the breath is calmed the mind too will be still, and the yogi achieves long life. Therefore, one should learn to control the breath.”*

*Svatmarama, Hatha Yoga Pradipika*



## **7-Way Stretch No. 12**

### **Tadasana**

Stand in tadasana, the mountain pose.  
Tada means mountain.  
The heels sink down, the feet parallel and slightly apart; the crown of your head rises up; allow the tailbone to lengthen towards the floor as you elongate the spine; the abdominal muscles are gently toned. Let the shoulders drop, the chin be loose, the chest be open.  
Take your palms together.  
EXHALE.



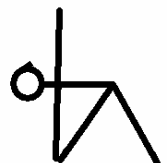
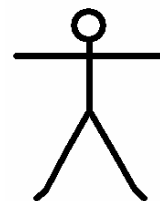
### **Stretch No. 1**

INHALE as you stretch up onto your toes taking both arms up and over your head and clasp your hands together.  
EXHALE as you take your heels down.  
INHALE as you take your palms face upwards.  
EXHALE as you lower your arms down and bring your palms together.



### **Stretches No. 2 & No. 3 - Side Bend**

INHALE as you stretch your arms and legs apart, feet parallel.  
EXHALE as you take your right foot in line with the instep of the left and take your right hand down towards your right leg, bend the knee if more comfortable. Lengthen your spine and take your left arm upwards and look up.  
INHALE as you come back to centre, feet parallel, arms outstretched.  
Repeat on the other side.  
EXHALE as you bring your palms together.



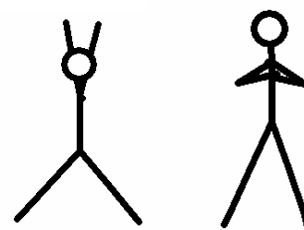
### **Stretches No. 4 & No. 5 - Twist**

INHALE from the base of the spine to the top of the neck  
EXHALE as you take your right arm round to the back and look at your right hand, keep the knees and feet to the front, move the hips as little as possible.  
INHALE as you come back to centre.  
Repeat on the other side. Bring your palms together.  
EXHALE from the top of your neck to the base of your spine.



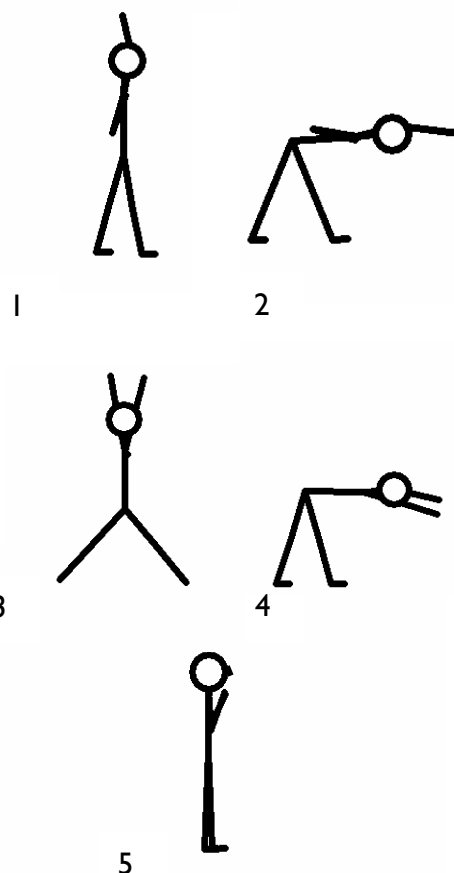
### **Stretch No. 6 - Backward Bend**

INHALE as you stretch both arms up, looking up.  
EXHALE as you lower your arms down and bring your palms together.



### **Stretch No. 7 - Forward Bend**

INHALE as you stretch your left arm up and fold your right arm across your back.  
EXHALE as you stretch into your forward bend keeping the back parallel to the floor.  
Lengthen the front of the body from the pubic bone to the collar bone.  
Keep the knees soft throughout these movements.  
INHALE as you come back to centre, EXHALE as you lower your arm and release the other arm.  
Repeat on the other side.  
INHALE as you take both arms up, EXHALE as you go into the forward bend, the back still parallel to the floor.  
INHALE as you come back to standing.  
EXHALE as you lower your arms down and bring your feet and palms together, coming back to tadasana.  
Softly close your eyes, observe mind, body and breath.  
Your heels sinking down, the crown of your head rising up.  
You are tall.  
You are strong.  
You are powerful.



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## **7-Way Stretch No. 13**

### **Tadasana**

Stand in tadasana, the mountain pose.

Tada means mountain.

The heels sink down, the feet parallel and slightly apart; the crown of your head rises up;

allow the tailbone to lengthen towards the floor

as you elongate the spine;

the abdominal muscles are gently toned.

Let the shoulders drop, the chin be loose, the chest be open, take your palms together.

EXHALE.



### **Stretch No. 1**

**&**

### **Stretches No. 2 & No. 3 - Side Bend**

INHALE as you go up onto your toes feet parallel and slightly apart, take both arms up and over your head, palms together.

EXHALE as your heels come down and your palms come back to the chest.

INHALE as you step to one side, feet parallel, EXHALE from the top of the neck to the base of the spine.

INHALE as you take both arms up and over your head, palms together.

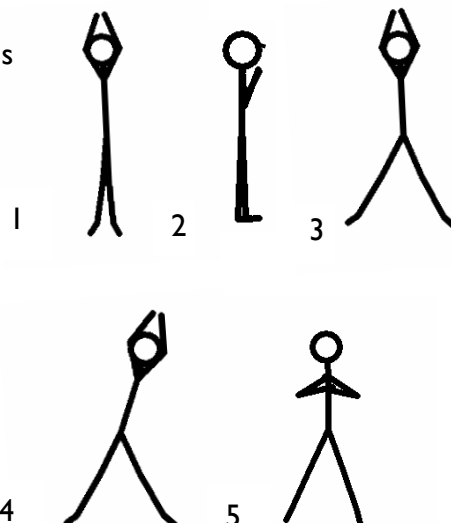
EXHALE as you stretch to one side

bend the knee if more comfortable.

INHALE as you come back to centre.

Repeat on the other side.

EXHALE as you bring your palms back to the chest.



### **Stretches No. 4 & No. 5 - Twist**

INHALE from the base of the spine to the top of the neck.

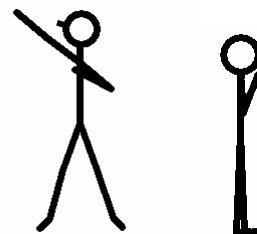
EXHALE as you stretch your right arm to the back and look to the right.

Keep your feet and knees to the front, move the hips as little as possible.

INHALE as you come back to centre and take the palms together.

Repeat on the other side.

EXHALE from the top of the neck to the base of the spine.



### **Stretch No. 6 - Backward Bend**

With the palms together

INHALE as you stretch both arms up, looking up.



### **Stretch No. 7 - Forward Bend**

EXHALE as you go into the forward bend

with the palms together. Keep the knees soft and the back long. Lengthen the front of the body from the pubic bone to the collar bone.

INHALE as you lengthen the spine, open the chest and place both hands on the left shin, keep the back long.

EXHALE as you take both hands on or towards the floor beneath the shoulders.

INHALE as you place both hands on the right shin.

EXHALE as you take both hands on or towards the floor beneath the shoulders. With the palms together

INHALE and come up to standing, stretching the arms up and over your head as you do so.

EXHALE as you come back to tadasana and bring the feet together and the palms to the chest.

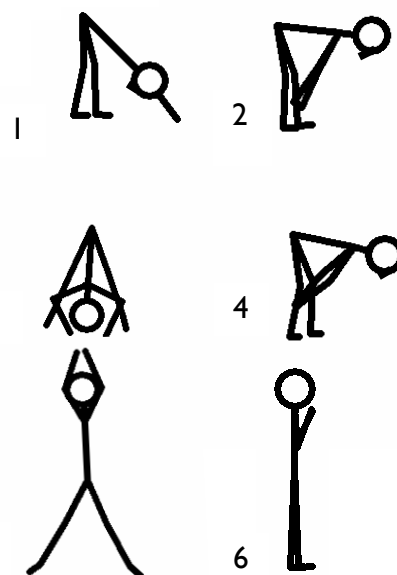
Softly close your eyes, observe mind, body and breath.

Your heels sinking down, the crown of your head rising up.

You are tall.

You are strong.

You are powerful.



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## 7-Way Stretch No. 14

**focusing on the chakras.**  
**Krama is used at the beginning of each section.\***

### Tadasana

Focus on each chakra and relevant colour as you work through the asanas.

Use the ujjayi breath if comfortable.

Stand in tadasana, the mountain pose.

Tada means mountain.

The heels sink down, the feet parallel and slightly apart; the crown of your head rises up, allow the tailbone to lengthen towards the floor as you elongate the spine;

the abdominal muscles are gently toned.

Let the shoulders drop, the chin be loose, the chest be open. Take the palms together.

EXHALE.



### Stretch No. 1

#### All over stretch using the tree - Vrkasana.

Focus on **Muladhara Chakra** situated at the cervix in women and the perineum in men. The colour is **red**.

Take yourself into the pose of the tree – vrkasana.

Place your left foot on your right leg (above or below the knee).

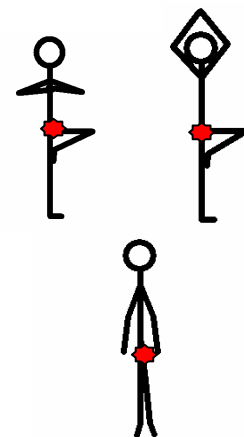
Hold for three complete breaths, practise moola bandha.

INHALE as you take both arms up and over your head, palms together and hold for three complete breaths.

EXHALE as you take your palms back to your chest and lower your leg.

Repeat on the other side.

Lower your arms down.



\*Krama means stages or step. In this set of movements we are dividing the natural breath length into two parts with a pause on an inhalation as directed above.

## Stretch No. 2 Forward Bend - Uttanasana

Focus on **Swadhisthana Chakra** situated at the base of the spine. The colour is **orange**.

INHALE as you go up on to your toes and take your arms out to the sides. Pause.

Continue the inhalation and stretch your arms upwards.

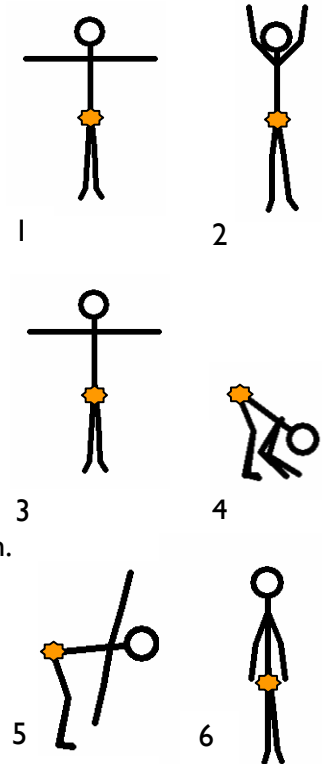
EXHALE as you lower your heels down, INHALE into the stretch.

EXHALE as you take your arms out to the side and go into the forward bend, release your arms. Keep the knees soft and the back long. Lengthen the front of the body from the pubic bone to the collar bone.

Hold for three complete breaths,

INHALE as you come up parallel to the floor, the arms out to the sides. Hold. Come up to standing on the EXHALATION.

Wait for the INHALATION. EXHALE and lower your arms down.



## Stretches No. 3 & 4 - Side Bend

Focus on **Manipura Chakra** situated on the spine level with the solar plexus. The colour is **yellow**.

INHALE as you go up onto your toes taking the arms out to the front the palms facing one another. Pause.

Continue the inhalation and stretch your arms upwards.

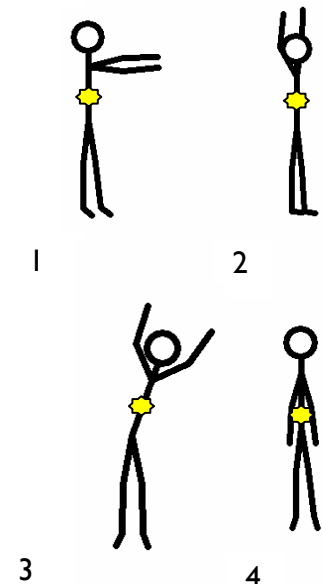
EXHALE as you lower your heels down, INHALE into the stretch.

Look to the front.

EXHALE as you take both arms to one side.

Hold for three complete breaths. INHALE as you come back to centre. Repeat on the other side.

EXHALE as you lower your arms down in front.





### Stretches No. 5 & No. 6 -Twist

Focus on **Anahata Chakra** situated on the spine level with the sternum and in line with the heart.

The colour is **green**.

INHALE as you go up onto your toes taking the arms out to the sides. Pause.

Continue the INHALATION and stretch the arms upwards.

EXHALE as you lower your heels down, INHALE into the stretch.

EXHALE as you lower your arms out to the sides level with the heart. Keep the arms in line.

INHALE as you stretch from your shoulders to your fingertips.

Keep the arms in line.

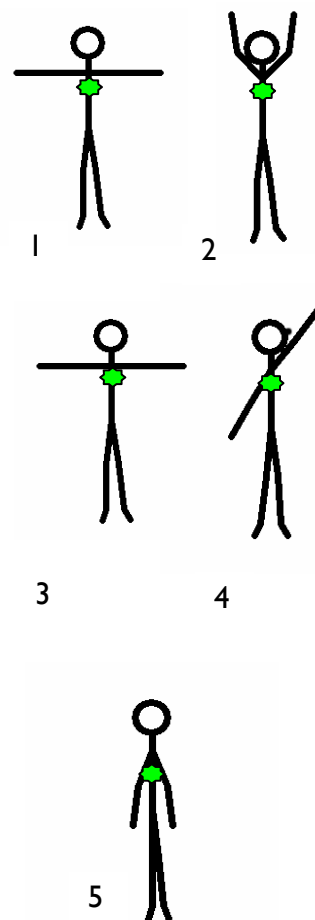
EXHALE as you twist to one side, looking at your hand.

Keep your feet and knees to the front, move the hips as little as possible.

Hold for three complete breaths.

INHALE as you come back to centre and repeat on the other side.

Lower your arms down after the second twist.



## Stretch No. 7- Backward Bend

Focus on **Vishuddhi Chakra** situated on the spine level with the base of the throat. The colour is **blue**.

INHALE as you go up onto your toes taking your arms out to the front. Pause.  
Continue the INHALATION and stretch your arms upwards.  
EXHALE as you lower your heels down, INHALE into the stretch.  
EXHALE from the top of the neck to the base of the spine.  
INHALE as you stretch the arms up and back. Hold for three complete breaths.

EXHALE as you take the palms together and bring the hands level with the eyebrow centre **Ajna Chakra**, the colour is **indigo**.

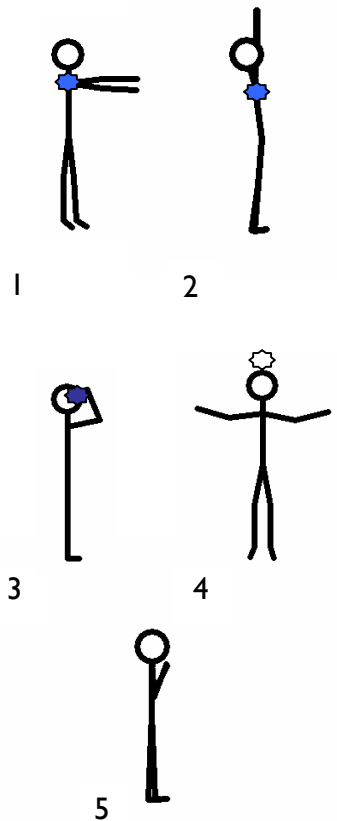
Hold for three complete breaths.

INHALE as you take the arms out to the sides and visualise light from **Sahasrara** at the crown of your head and hold for three complete breaths.

EXHALE as you take yourself into tadasana, the palms together, level with the heart.  
Visualise yourself covered with a silk cloak which is **white with a hint of violet**.

BREATHE down through the chakras from **Sahasrara** to **Muladhara** and BREATHE up from **Muladhara** to **Sahasrara** three times; finish at **Muladhara** chakra.

Softly close your eyes, observe mind, body and breath.  
Your heels sinking down the crown of your head rising up.  
You are tall.  
You are strong.  
You are powerful,



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## 7-Way Stretch No. 15\*

### Tadasana

Stand in tadasana, the mountain pose.

Tada means mountain.

The heels sink down, the feet parallel and slightly apart; the crown of your head rises up; allow the tailbone to lengthen towards the floor as you elongate the spine; the abdominal muscles are gently toned.

Let the shoulders drop, the chin be loose, the chest be open, take your palms together focusing on **Anahata Chakra**, chant OM.

Each time the palms come back to the chest focus on **Anahata Chakra** and chant OM.

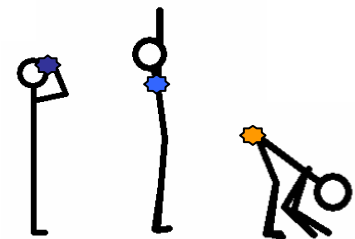


### Stretch No. 1 & No. 2 - Backward Bend & Forward Bend

INHALE as you take your palms up to the eyebrow centre focusing on **Ajna Chakra** chant OM.

Focusing on **Vishuddhi Chakra**

INHALE as you stretch both arms up and looking up chant OM.  
INHALE into the stretch.



Focusing on **Swadhisthana Chakra**

chant OM as you stretch into the forward bend, knees soft.  
INHALE as you slowly uncurl and come back to standing.  
Take the palms together and chant OM in tadasana.

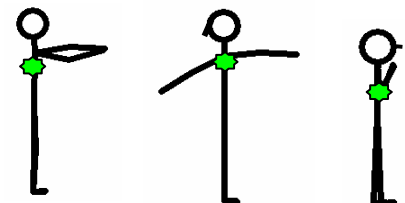
### Stretch No. 3 & No. 4 - Twist

INHALE as you stretch both arms out to the front focusing on **Anahata Chakra**.

Chant OM as you take one arm round to the back, looking at your hand; keep the knees and feet to the front, move the hips as little as possible.  
INHALE as you come back to centre.

Repeat on the other side.

Chant OM as the palms come back to the chest.



\*For the location of the chakras and their associated colours, see 7-Way Stretch No. 14.

### Stretch No. 5 & No. 6 - Side Bend

INHALE as you stretch your legs apart and with palms together take both arms up and over your head.

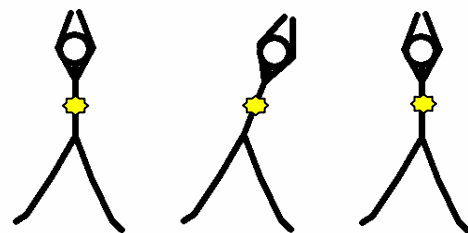
Focusing on **Manipura Chakra**

chant OM as you stretch to one side

INHALE as you come back to centre.

Repeat on the other side,

chant OM with arms stretched up and palms together.



### Stretch No. 7

INHALE as you stretch your arms into a star shape.

Chant OM down to **Muladhara Chakra** three times.

INHALE as palms come back together,

chant OM as you bring the palms to the chest and come back to tadasana.

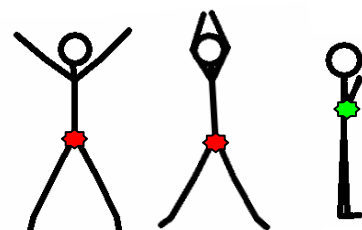
Softly close your eyes, observe mind, body and breath.

Your heels sinking down, the crown of your head rising up.

You are tall.

You are strong.

You are powerful.



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*“There is more to life than increasing its speed.”*

Mohandas K. Gandhi



## **7-Way Stretch for Children**

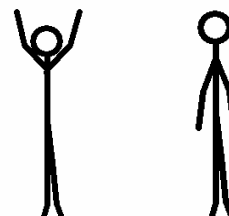
### **Tadasana - The Mountain Pose**

Stand in tadasana, the mountain pose.  
Tada means mountain.  
The heels sink down, the feet parallel and slightly apart, the crown of your head rises up;  
allow the tailbone to lengthen towards the floor as you elongate the spine;  
the abdominal muscles are gently toned.  
Let the shoulders drop, the chin be loose, the chest be open.  
EXHALE or HUM.



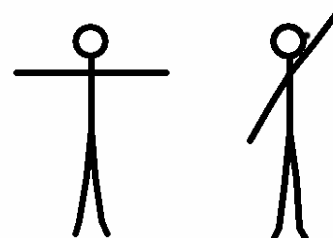
### **Stretch No. 1 - The Number One**

INHALE as you take both arms up and over your head to form THE NUMBER ONE shape, stretching up.  
EXHALE or HUM as you lower both arms down.



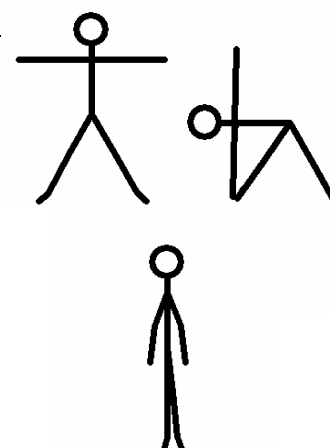
### **Stretches No. 2 & No. 3 - The T Shape**

INHALE as you stretch both arms out from the shoulders to form THE T- SHAPE. Keep the arms in line.  
EXHALE or HUM as you twist round to one side, looking at your hand.  
Keep your feet and knees to the front, move the hips as little as possible.  
INHALE as you come back to centre. Repeat on the other side.  
EXHALE or HUM as you bring your arms down.



### **Stretches No. 4 & No. 5 - The Triangle**

INHALE as you take both legs apart into a TRIANGLE SHAPE.  
EXHALE or HUM as you take your right arm down to your right leg and make another triangle, bend the knee if you like and look up at your left arm.  
INHALE as you come back to standing and repeat on the other side.  
EXHALE or HUM as you come back to the mountain pose.



## **Stretches No. 6 & No. 7 - The Elephant** **Backward Bend & Forward Bend**

INHALE as you take both arms up to form the trunk of THE ELEPHANT. Reach up behind you and take food from a tree for your baby elephant.

EXHALE or HUM as you stretch forward, keeping the back long and the knees soft and give food to your baby elephant.

INHALE as you slowly uncurl and come all the way back to tadasana, the mountain pose.

HUM or BREATHE GENTLY.

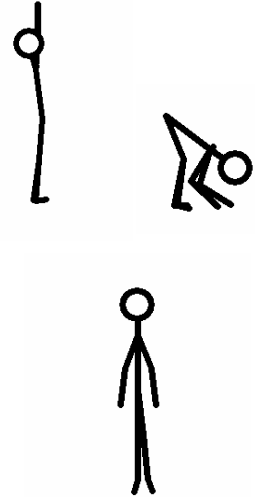
Softly close your eyes, observe mind, body and breath.

Your heels sinking down, the crown of your head rising up.

You are tall.

You are strong.

You are powerful.



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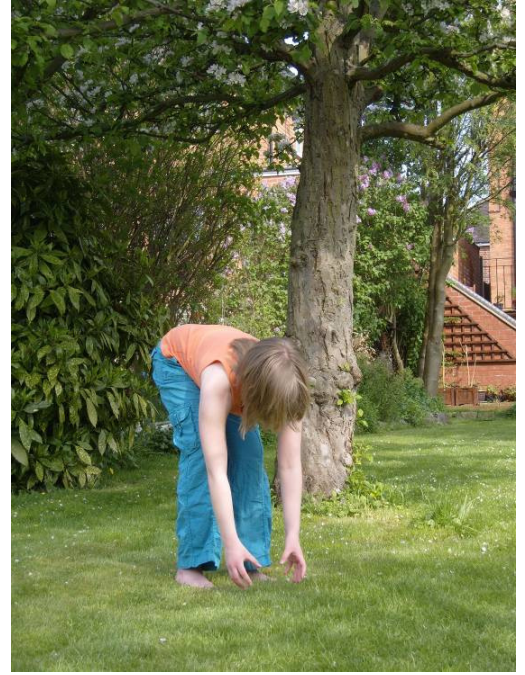
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*“Yoga is the fountain of youth. You're only as young as your spine is flexible.”*

Bob Harper



**Hannah**  
**7-Way Stretch for Children**  
**Stretch No. 6 - The Elephant**



**7-Way Stretch for Children**  
**Stretch No. 7 - Forward Bend**

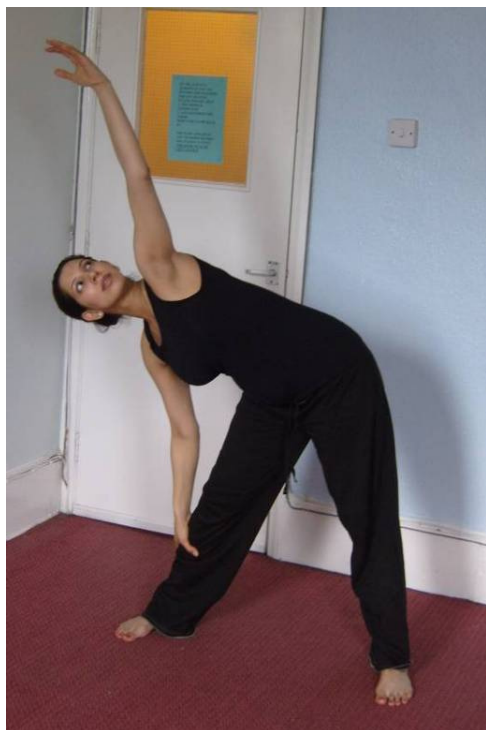


**7-Way Stretch for Children**  
**Tadasana - The Mountain Pose**

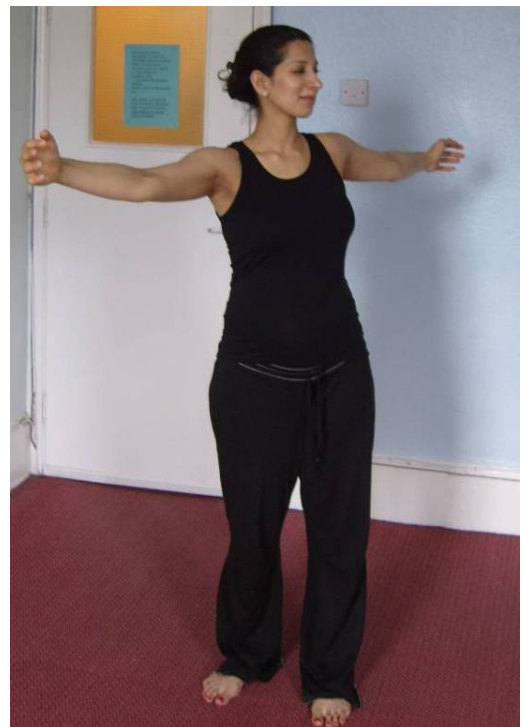




**Sheel  
7-Way Stretch for  
Pregnancy  
Stretch No. 1**



**Stretch No. 3  
Side Bend**



**Stretch No. 4  
Twist**





## **7-Way Stretch for Pregnancy - Standing**

### **Tadasana**

Stand in tadasana, the mountain pose.  
Tada means mountain.  
The heels sink down, the feet parallel and slightly apart; the crown of your head rises up;  
allow the tailbone to lengthen towards the floor as you elongate the spine;  
the abdominal muscles are gently toned.  
Let the shoulders drop, the chin be loose, the chest be open.  
EXHALE.



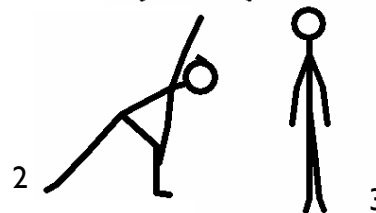
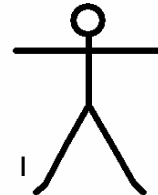
### **Stretch No. 1**

INHALE as you take both arms up and apart.  
EXHALE as you lower your arms down.



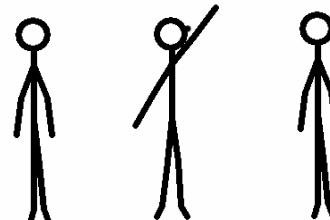
### **Stretches No. 2 and No. 3 - Side Bend**

INHALE as you stretch the legs apart, feet parallel, take the arms out from the shoulders  
EXHALE as you bend forward and place your left hand on your left leg, bend the leg if more comfortable, and look up at your right hand.  
INHALE as you come back to centre.  
Repeat on the other side.  
EXHALE as you lower your arms down and come back to the mountain pose.



### **Stretches No. 4 and No. 5 - Twist**

INHALE as you stretch your arms out from your shoulders, keep the arms in line.  
EXHALE as you twist round to one side, looking at your hand.  
The knees and feet to the front, moving your hips as little as possible.  
INHALE as you come back to centre.  
Repeat on the other side.



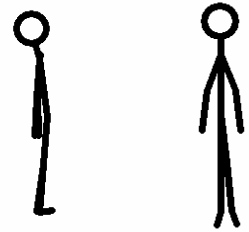
### **Stretch No. 6 - Backward Bend**

EXHALE as you lower your arms down and clasp both hands behind your back.

INHALE as you gently stretch up and open the chest and shoulders.

EXHALE as you come back to centre, gently tone the abdominal muscles and lengthen the spine.

INHALE in the mountain pose.



### **Stretch No. 7 - Forward Bend**

EXHALE as you bend forward and place your hands on the wall, the knees should be soft, the spine long and the back long. Breathe gently.

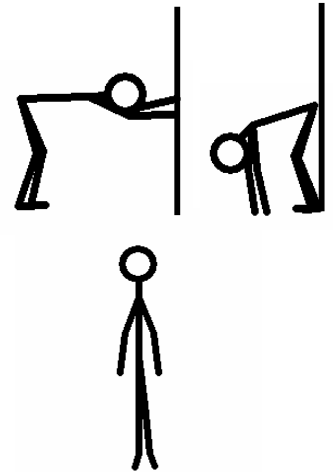
INHALE as you come back to standing.

Turn round and place the buttocks against the wall, curl forward to release the back, slowly uncurl on the EXHALATION and come back to the mountain pose. Softly close your eyes, observe mind, body and breath. Your heels sinking down, the crown of your head rising up.

You are tall.

You are strong.

You are powerful.



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*“You do not need to leave your room, remain sitting at your table and listen. Do not even listen, simply wait. Do not even wait, be quite still and solitary. The world will freely offer itself to you to be unmasked, it has no choice. It will roll in ecstasy at your feet.”*

*Franz Kafka.*

NB

It is important to check with your doctor and/or midwife before practising yoga during pregnancy. Start your practise after the third month.



## **7-Way Stretch for Pregnancy - Seated**

### **Sitting Tall**

Sit tall with the soles of the feet together and the knees apart

OR

Sit tall with the legs stretched apart, the knees can be soft.

Feel the whole length of your spine

from the base of the spine to the top of the neck,

let the spine rise, the shoulders drop, the

chest be open, the chin be loose.



### **Stretch No. 1**

INHALE as you take both arms up and over your head,

EXHALE as you lower your arms down.



### **Stretches No. 2 and No. 3 - Twist**

Place your right hand on your right knee.

INHALE as you lift your left arm up level with the shoulder,

EXHALE as you go round to the left looking at your hand.

INHALE as you come back to centre,

EXHALE as you lower your arm down.

Repeat on the other side.



### **Stretches No. 4 and No. 5 - Side Bend**

Place your right hand on the floor, fingertips pointing towards you.

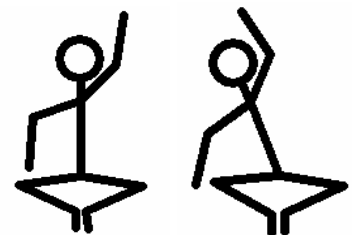
INHALE as you lift your left arm up.

EXHALE as you stretch towards the right, bending the right elbow to increase the stretch.

INHALE as you come back to centre.

EXHALE as you lower your arm down.

Repeat on the other side.



### **Stretch No. 6 - Backward Bend**

INHALE as you place both hands on the floor behind you and look up opening the chest and shoulders.

EXHALE as you sit tall and lengthen the spine.



## **Stretch No. 7 - Forward Bend**

INHALE as you change your seated posture and take yourself into a kneeling position with the knees apart, the toes pointing towards each other.

EXHALE as you stretch forward, resting on the forearms or stretching the arms out along the floor.

The back needs to be long, if more comfortable and as you get bigger lift the buttocks up rather than rest on your heels.

INHALE as you gently push yourself back to a seated posture, keeping the length in the spine and sit tall.

Let the spine rise, the shoulders drop, the chest be open, the chin be loose.

Your breath is slow and steady and even.

You are tall.

You are strong.

You are powerful.



Do not take your head to the floor in stretch no. 7 if you have high blood pressure.

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*“For a day, for just one day.  
Talk about that which disturbs no one.  
And brings some peace into your  
Beautiful eyes.”*

*Hafiz*

**NB**

It is important to check with your doctor and/or midwife before practising yoga during pregnancy. Start your practise after the third month.



## **Post-natal 7-Way Stretch**

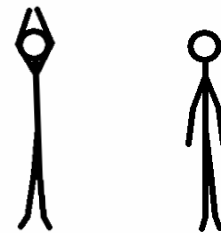
### **Tadasana**

Stand in tadasana, the mountain pose,  
Tada means mountain.  
The heels sink down, the feet parallel and slightly  
apart, the crown of your head rises up; allow the tailbone  
to lengthen towards the floor as you elongate the spine;  
the abdominal muscles are gently toned.  
Let the shoulders drop, the chest be open, the chin be loose.  
Take your palms together.  
EXHALE.



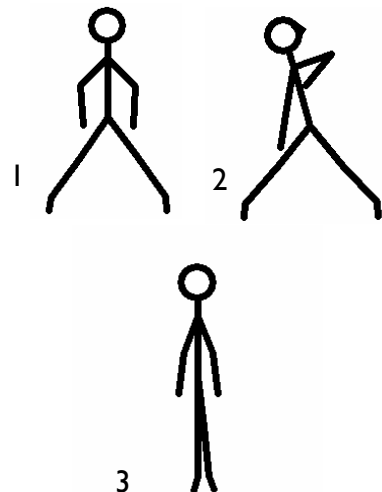
### **Stretch No. 1**

INHALE as you take both arms up and go up onto your toes.  
EXHALE as the heels come down. INHALE into the stretch.  
EXHALE as you lower your arms down.



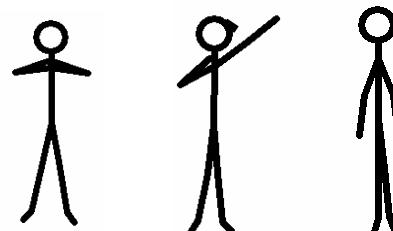
### **Stretches No. 2 & No. 3 - Side Bend**

INHALE as you stretch your legs apart and place your  
hands by your sides and slide your left arm up so that it  
rests under your armpit.  
EXHALE as you slide your right hand down your  
right leg and look at your left shoulder.  
Bend your knee if more comfortable.  
INHALE as you come back to centre and slide  
your right arm under your right armpit.  
EXHALE as you slide your left arm down and look  
at your right shoulder.  
INHALE as you slide your left arm up.  
EXHALE as you lower your arms down and come  
back to the mountain pose.



### **Stretches No. 4 & No. 5 - Twist**

INHALE as you place your hands on your shoulders, the elbows well back and the shoulders open.  
EXHALE as you twist to the left and stretch out your left arm, look to the left. Keep the knees and feet to the front, move the hips as little as possible.  
INHALE as you come back to centre and bring the left arm back to the shoulder.  
Repeat on the other side.  
EXHALE as you lower your arms down.



### **Stretches No. 6 & No. 7 - Backward Bend and Forward Bend**

INHALE as you clasp your hands behind your back open the chest and shoulders and look up just enough to stretch the front of the neck.  
EXHALE as you come back to centre,  
INHALE as you gently tone the abdominals and lengthen the spine.  
EXHALE as you stretch into the forward bend, the knees soft, the chest open, the spine long, the back parallel to the floor. INHALE into the stretch.  
EXHALE as you come back to centre, wait for the INHALATION. EXHALE as you take yourself into tadasana. and bring your palms together.  
Softly close your eyes, observe mind, body and breath.  
Your heels sinking down, the crown of your head rising up.  
You are tall.  
You are strong.  
You are powerful.



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*"I have learnt precious lessons from all my children."*

Angelica Garnett



## **The Seated 7-Way Stretch - Chair**

### **Sitting Tall**

Sitting tall, the feet apart and parallel and firmly planted on the floor or on a firm surface. Feel the whole length of your spine from the base of the spine to the top of the neck. Let the spine rise, the shoulders drop, the chest be open, the chin be loose.  
EXHALE.



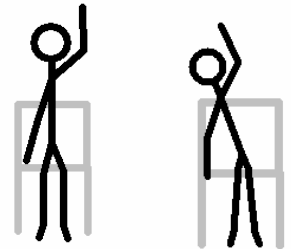
### **Stretch No. 1**

INHALE as you take both arms up and over your head.  
EXHALE as you lower your arms down.



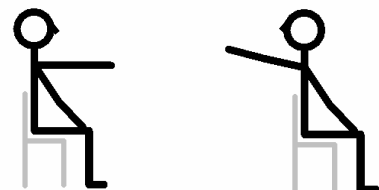
### **Stretches No. 2 & No. 3 - Side Bend**

Place your right hand on the side of the chair, INHALE as you take your left arm up. EXHALE as you stretch to the right, bend the elbow of your right arm, look to the front. INHALE as you come back to centre. EXHALE as you lower your arm down. Repeat on the other side.



### **Stretches No. 4 & No. 5 - Twist**

Place your right hand on your right OR left knee. INHALE as you lift your left arm up level with the shoulder. EXHALE as you go round to the back, looking at your hand, keep the back long and the chest open. INHALE as you come back to centre. EXHALE as you lower your arm down. Repeat on the other side.



## **Stretches No. 6 & No. 7 - Backward Bend & Forward Bend**

INHALE as you take both arms up, looking up.  
EXHALE as you stretch forward, keeping the back long.

INHALE as you slowly uncurl and come back to sitting tall.

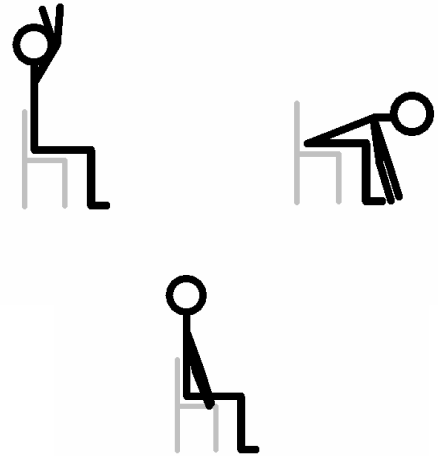
Let the spine rise, the shoulders drop, the chest be open, the chin be loose.

Your breath is slow and steady and even.

You are tall.

You are strong.

You are powerful.



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*“Sit here for a bit. Place yourself outside the frenzied pace of life. Slow down long enough to appreciate birds in flight, water drops like prisms in the grass and countless shades of green. Step off the fast track and listen to the sound of breath and birdsong. Take a moment to just be, and in the being, know the whole of creation...”*

Danna Faulds

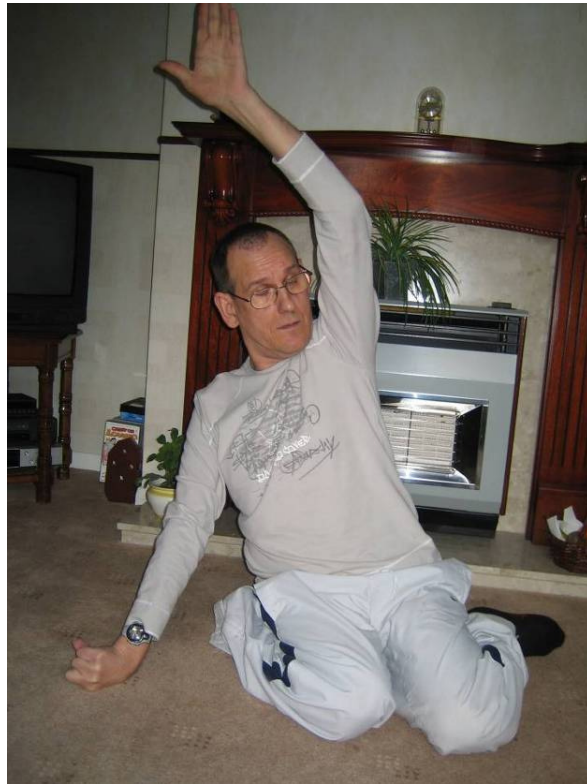




**Ray**  
**Seated 7-Way Stretch - Chair**  
**Stretch No. 6 - Backward Bend**



**Seated 7-Way Stretch - Chair**  
**Stretch No. 7 - Forward Bend**



**Seated 7-Way Stretch - Floor  
Stretch No. 3 - Side Bend**



**Seated 7-Way Stretch - Floor  
Stretch No. 5 - Twist**



## **The Seated 7-Way Stretch - Sitting on the floor**

### **Sitting Tall**

Sitting tall, cross-legged, kneeling or the legs outstretched.

Feel the whole length of your spine from the base of the spine to the top of the neck; let the spine rise, the shoulders drop, the chest be open, the chin be loose.



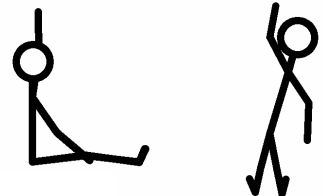
### **Stretch No. 1**

INHALE as you take both arms up and over your head.  
EXHALE as you lower your arms down.



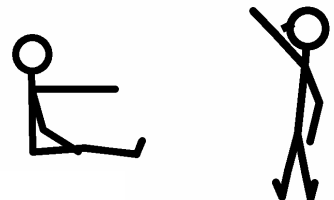
### **Stretches No. 2 & No. 3 - Side Bend**

Place your left hand on the floor, fingertips towards you,  
INHALE as you take your right arm up.  
EXHALE as you stretch to the left, bend the elbow of your left arm, look to the front.  
INHALE as you come back to centre.  
EXHALE as you lower your arm down.  
Repeat on the other side.



### **Stretches No. 4 & No. 5 - Twist**

Place your left hand on your left OR right knee.  
INHALE as you lift your right arm up level with the shoulder.  
EXHALE as you go round to the back, looking at your hand, keep the back long and the chest open.  
INHALE as you come back to centre.  
EXHALE as you lower your arm down.  
Repeat on the other side.



## **Stretches No. 6 & No. 7 – Backward Bend & Forward Bend**

INHALE as you take both arms up, looking up.  
EXHALE as you stretch forward, keeping the back long.  
INHALE as you slowly uncurl and come back to sitting tall.

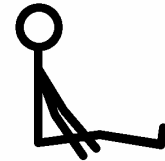


OR

INHALE as you take both hands behind you and look up stretching from the base of the spine.  
EXHALE as you come back to centre.  
INHALE as you stretch your spine upwards.  
EXHALE as you stretch into the forward bend.  
Keep the back long.  
INHALE as you come back to centre and sit tall.



Let the spine rise, the shoulders drop, the chest be open, the chin be loose.  
Your breath is slow and steady and even.  
You are tall.  
You are strong.  
You are powerful.



**Nerissa Fields**

**[www.yogawithnerissa.co.uk](http://www.yogawithnerissa.co.uk)**

*“Yoga heals, nourishes, and challenges us. The practice infiltrates every corner of our lives.”*

VALERIE JEREMIENKO, *How We Live Our Yoga*





Jonathan



Rory



Rani



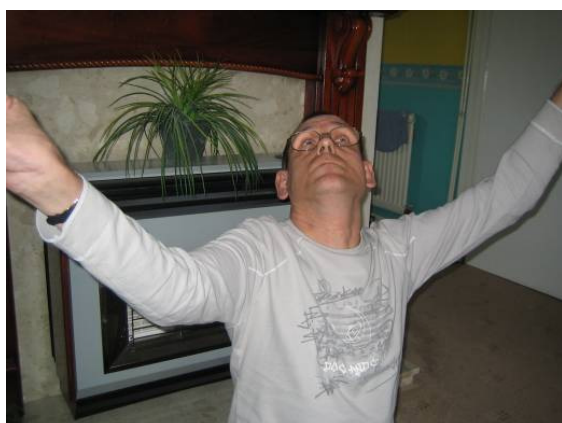
Steph

*"If you know the point of balance,  
You can settle the details.  
If you can settle the details,  
You can stop running around.  
If you can stop running around,  
Your mind will become calm.  
If your mind becomes calm,  
You can think in front of a tiger.  
If you can think in front of a tiger,  
You will surely succeed."*

Mencius



Sheel



Ray



Hannah



Nerissa Fields trained to be a yoga teacher in the early 1980's. She trained too as a nurse both in mental health and learning disabilities. She later trained to be an aromatherapist. Her brief in life has always been and continues to be to make yoga accessible to all whether 7 or 87 years plus, whether able-bodied or in a wheelchair. For the past 20 years she has specialized in yoga for pregnancy, childbirth and beyond! In that time she has taught yoga in prison, spent many years working with children, in mental health and continues to work with students who have profound and multiple learning disabilities, individuals on the autistic spectrum and those with challenging behaviour, though being a mother is undoubtedly the hardest job of all.

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*The skill of a yoga teacher is to adapt to the needs of the individual.*

*To be a yogi, one who practises and lives yoga, is life in progress: it is the travelling which is important.*





If there is to be peace in the world,  
There must be peace in the nations.  
If there is to be peace in the nations,  
There must be peace in the cities.  
If there is to be peace in the cities,  
There must be peace between neighbours.  
If there is to be peace between neighbours,  
There must be peace in the home.  
If there is to be peace in the home,  
There must be peace in the heart.

**Lao Tzu**

The 7-Way Stretch is a set of movements designed for you. There is a 7-Way Stretch here which will answer your needs whether you have no experience of yoga or 20 years, whether you are able-bodied or need to work from a chair, whether you are pregnant or post-natal. The 7-Way Stretch will stretch, tone and relax the body, will help alleviate stresses and tensions, will bring about a sense of stillness and positive life and energy. Nerissa Fields has developed the 7-Way Stretch over her 25 years of teaching and working with a wide variety of groups. If you practise this set of movements for 15 minutes a day for three months you will see and feel the difference.

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“If you don’t have enough time for a whole yoga session the 7-Way Stretch is an excellent way of stretching and toning the whole body and enhancing a sense of well being.” - Frances Lee

“Shorter and sweeter than Salute to the Sun.” - Maureen Waugh

“The 7-Way Stretch is awesome and has become a huge part of my personal yoga practice. I love the fact that each one incorporates so many different stretches for the body: forward, backward and side bends including asanas such as trikonasana and the Sun Warrior. The 7-Way Stretch enables breath and movement to work together effortlessly. I can feel my yoga flowing beautifully because of this....” - Shelley Costello