
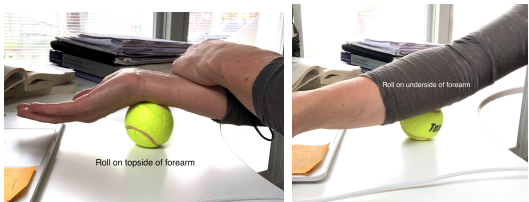


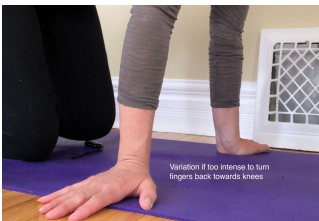
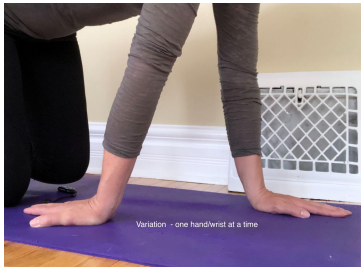
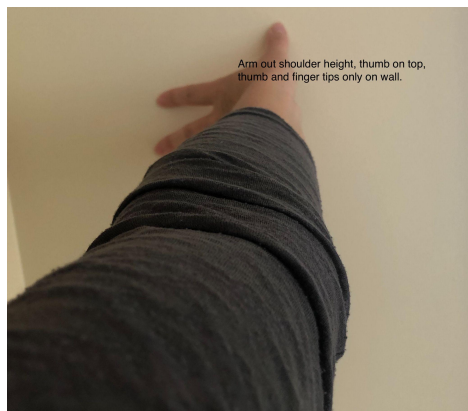


Practice Snack # 1

These stretches and movements are my “go to” to help keep wrists, shoulders and arms lubricated and mobile. Remain attentive and honour how your body feels today. Notice the breath - it will give you feedback.

1. Wherever you are, stop, sit or stand. Close or soften eyes, and come back to the sensations of your breath. 1 minute	
2. Wrist rolling and stretches - 1 minute each side	
	Place a tennis or laundry ball at crease of hand and wrist, holding hand as though doing a karate chop. Find an area that feels sensitive or a bit sore (juicy), hold for a few seconds, breathe, relax hand, can continue to roll towards elbow.
	Roll along underside of arm, can support and apply light pressure with opposite hand. Stop and linger (pin) on any “juicy” spots
	Flip arm over and roll along upper side of forearm. Again stop and pin any areas that feel juicy.
3. Arm and wrist stretches - either stand and lean into desk/table top or from kneeling. Breathe - this may feel intense. If too much, give yourself permission to do less and adjust. Maybe 10 breaths or more.	
   	

5. At the wall arm stretch - this is a great for getting into the fascia of the arm and front of shoulder. Stand near wall, reach hand out, shoulder height and with the thumb on top claw hand and place just finger and thumb tips on wall. Gently turn away from straight arm. Soften knees, breathe. Do less or stop if you begin to feel pins and needles in palm of hand.



Be curious, ask questions as you do these movements:

- Do I like this stretch? Why?
- Does this stretch feel like it's helping me?
- Am I aware of my breath?
- How does my breath feel? Long and even/short and choppy?
- Am I judging/comparing?

As always don't hesitate to contact me with any questions. More will follow in Practice Snack # 2 next month :)

Namaste.

Cell: 705 927-7505

Email: traceydrakeyoga@gmail.com

[Website](#)
[Classes](#)



body • breath • balance