



## Standing Stretches

Mary Cruise, Tai Chi & Qigong Instructor

Start from head to feet if need rooting or feel unstable.  
If tired start from feet to head.

### Neck Stretches

- down, up, side to side
- ear to shoulder
- large circles

### Shoulder Rolls

### Shoulder to Ears and Drop

### Arm Swings

- waist turn like rag doll
- forward and back

### Clean Out Peanut Butter Jar

### Ankle Rotations

- toe on ground
- balancing

### Ankle Rolls

- outside, inside, up on toe, back on heel

### Leg Lift with Arms

### Hamstring Stretch