Mindful stretching is a great form of exercise that encompasses breathing and movement. Studies have shown that stretching can decrease stress, improve fitness, and increase total mind and body health.

This chair-based stretching routine can be performed multiple times throughout the week. Start off with a light warm-up followed by 5 minutes of breathing through the nose. Hold each posture for 30 seconds.

1. **Forward bends (8 poses)**
   - Keep the chest up and core engaged for all forward bends
   - Push hips back and lean forward on last 3 poses
   - Avoid poses if you have back pain or discomfort

2. **Lateral bends (3 poses)**
   - Reach up and above your head as high as you can
   - Elongate the spine and arms as you reach up and over

3. **Back bends (3 poses)**
   - Arch your back and look up to the ceiling
   - Keep the core engaged on all back bends
   - Avoid back bends if you have back pain or discomfort
4. Twists (3 poses)

- Twist your spine and use your arms as leverage
- Turn your held and engage the core at all times

5. Hip work (3 poses)

- Keep the chest up and engage the core with all stretches
- Listen to your body and avoid overstretching the hip

6. Balance (3 poses)

- Focus on a fixed object while balancing
- Keep the core tight and stand up as tall as possible