

## **A SIMPLE PRACTISE FOR RELIEF AFTER LONG HOURS ON YOUR FEET**

This is a very good exercise to stretch your hamstring muscles if you have to stand for the whole day working or in your daily life.

When you stand for a long time, there is full pressure on your legs, especially for a woman wearing high heels.

- Just stretch your legs forwards.
- Sit comfortably lifting your right and left buttock..
- Keep your spine straight, put your hands on your legs.
- Flex your toes, point them to the sky and push your heels further from the body until you feel the stretch.
- The more you open your hips the more comfortable it will feel, this will stretch and create flexibility around the back muscles of your legs.
- If you have issues with your knees, maybe 'soft bend' them or give them support with soft gentle fabrics, a bolster.
- Then point your toes, sending toes further away from your body.
- Exhale, flexing, keep pressing the legs down.
- Inhale, pointing. Exhale, flexing. Do this least 10 times with the breath in and out.
- After that rotate your ankles creating the "O" shape. Outside and inside. 10 times.
- This exercise is also very good for those who have issues around the knees, for elderly people and for people who have problems with leg muscles.
- You can practice this simple exercise in your daily life 4-5 minutes in a convenient place, in your own comfort zone.

Namaste