



# FORWARD BEND

CALMING & REFOCUSING STRATEGIES

## HOW-TO DIRECTIONS

### Procedure

- Stand with feet shoulder width apart and feet flat on the floor
- Take a slow deep breath in through your nose
- Exhale slowly through your mouth while bending forward at the waist and touch your knees
- If you are able to, without causing pain, inhale again and exhale while bending further to touch your shins or toes with your fingertips
- Slowly roll your body up to the standing position
- Take a deep calming breath in and out and repeat the stretch 1 – 2 more times

### Modifications

- Sit on a chair and stretch one hand to your ankle while raising the other hand in the air looking toward your raised hand



VIRGINIA  
Chief Movement Officer

A graphic of a cluster of small, multi-colored squares (red, blue, green, orange) arranged in a semi-circular pattern above the word "fresh".  
**fresh**  
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