



10 STRETCHES FOR GARDENERS

Practice before, during, or after garden time!

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1 OPEN & CLOSE

- Lift your chin, chest, & squeeze shoulder blades together.
- Tuck your chin, lace ribs in and round forward.
- Repeat 5-8 times.



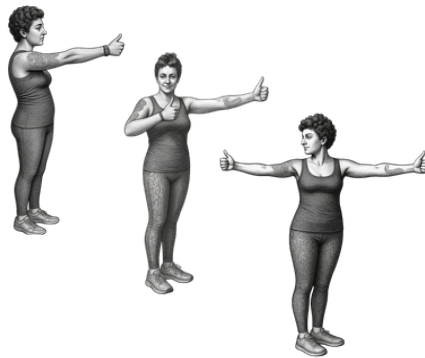
2 NECK ROTATIONS

- Drop your ear towards your shoulder then circle your neck.
- Make sure to circle in both directions!
- Option to make half circles with your neck or hold in one spot for an extra stretch.



3 STANDING TWIST

- Stand with fists together and thumbs pointing up.
- As you twist to the right, pull your fist back and follow your thumb with your eyes.
- Reverse back to step one and repeat on other side.



4 SIDE BENDING

- Stand with both arms overhead.
- Reach your right arm down as you bend to the right.
- Extend through your left fingers and reach your bicep towards your ear.
- Return to standing and repeat on the other side.



5 FOOT PEDALING

- Stand with hands on hips.
- Lift your right heel and press your ankle forward. Press down through the ball of your foot.
- Return to standing and repeat on the other side.



6 KNEE RAISE W/ HIP ROTATION

- Balance on your left foot and lift your right knee.
- Open your knee out to the right then place your foot down.
- Reverse by lifting the knee back up, back to center, then back to standing
- Practice on both sides.



7 WIDE LEG FOLD

- Stand with your feet wide.
- Hinge from your hips and reach towards the ground.
- Stay for 5-8 breaths.



8 HIGH LUNGE

- Step back with your right foot - keep your heel lifted.
- Bend your left knee, straighten your right leg
- Lift your arms overhead.
- Practice on both sides.



9 SQUAT

- With your feet wide, bend your knees and lower your hips.
- Repeat 5-8 times or hold for a few breaths.



10 DEEP BREATHING

- Take a deep breath in & feel your whole body expand.
- Breathe out and release tension.
- Repeat at least 3 times.



Practice each exercise 5-8 times, or hold for a few breaths.

ENJOY YOUR GARDEN TIME!

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