

Seated Cobra

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=SSLMCQUQ978](https://www.youtube.com/watch?v=SSLMCQUQ978)
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SUMMARY

Sue Derks leads a seated cobra stretching session, encouraging participants to focus on their breath and spinal alignment. The exercise emphasizes grounding and mindful movement to enhance flexibility and relaxation.

- *Begin with feet firmly on the floor and palms on knees.*
- *Inhale deeply to stretch the spine, then exhale to release tension.*
- *Repeat the deep breathing and stretching sequence.*
- *Incorporate arm stretching with the final exhale for added benefit.*
- *Focus on grounding and mindfulness throughout the practice.*

Hi friends, I'm Sue Derks. I'm a certified instructor. I'm inviting you, if you're willing, to join me in a version of the seated cobra stretching. Put your h feet on the floor, firmly grounding yourself, palms on your knees. Take a deep breath in. And as you do that, you're going to stretch your spine. So inhale through your nose and stretch your spine. and exhale. And as you exhale, release your spine. One more time. Deep breath in while you stretch your spine. And on this third breath, we're going to stretch our arms as we exhale.

Deep breath in while we stretch our spine. I wish you