JAYA® CHIROPRACTIC



Gentle Movement for a Happier You

Simple exercises you can do at home

♥ Move gently • Breathe deeply • Feel better ♥

Take it one step at a time! ♥

1 Cat Stretch

1. Get on your hands and knees on a comfortable surface (e.g., a mat or floor).
2. Keep your hands under your shoulders and your knees under your hips.
3. Let your head face down, round your back like a cat, and gently push into the stretch.
4. Hold for 5 seconds, then relax.
5. Repeat 8–12 times.



2 Cow Stretch

1. Start on your hands and knees (same position as cat stretch).
2. Drop your belly, lift your head and tailbone (like a cow).
3. Breathe in as you lift.
4. Hold for 5 seconds, then relax.
5. Repeat 8–12 times.



3 Child Pose

1. Kneel on the floor, then sit back on your heels.
2. Stretch your arms forward and rest your forehead on the floor or a pillow.
3. Keep your back relaxed and breathe normally.
4. Hold for 20–30 seconds.
5. Repeat 2–3 times.



4 Core Breathing

1. Lie on your back with knees bent and feet flat on the floor (or mat).
2. Place one hand on your belly and one on your chest.
3. Breathe in slowly through your nose (belly rises).
4. Breathe out slowly through your mouth (belly falls).
5. Repeat for 1–2 minutes.



5 Cobra Pose

1. Lie on your stomach, legs straight and relaxed.
2. Place your hands under your shoulders.
3. Gently lift your chest, keeping your hips on the floor.
4. Keep your shoulders relaxed and look forward (not too far up).
5. Hold for 5 seconds, then relax.
6. Repeat 8–12 times.



Repetitions
8–12 times
(1–3 times a day).

Hold time
Hold each stretch for 5 seconds
(or 20–30 seconds for child pose).

Tips
- Breathe normally.
- Move slowly and gently.
- Stop if you feel pain (or if your symptoms worsen).

Small steps make a big difference! ♥

Disclaimer: Please seek advice from relevant healthcare provider before performing these exercises.