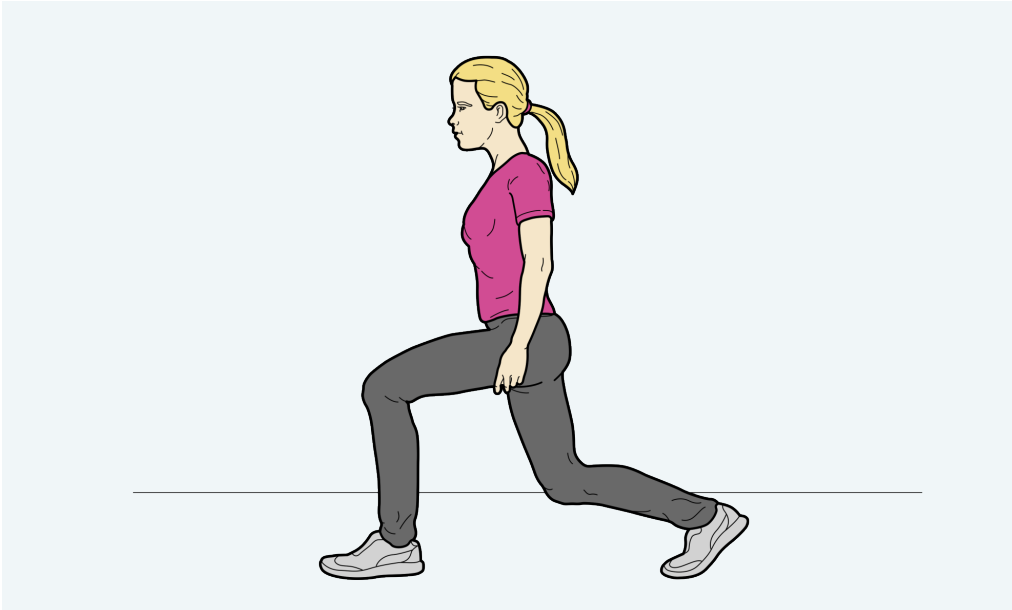


Activity 21: Surfing stretch

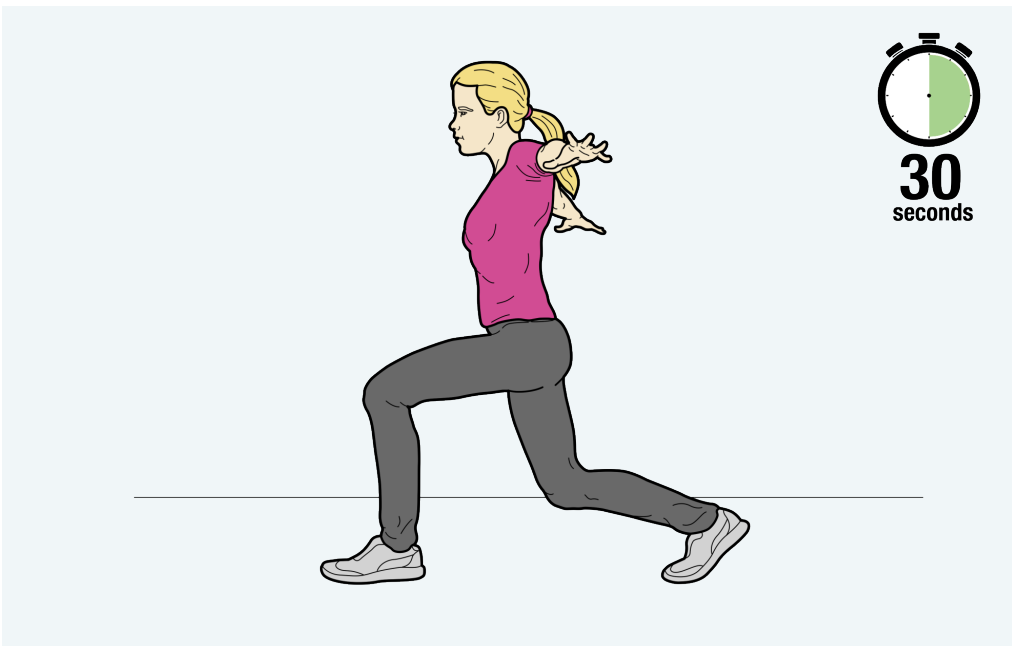
Video demonstration



1. Start in a standing position.



2. Put your left leg forward and your right foot back into a slight lunge.



3. Lift your arms and hold them out straight to your sides. This is called the surfing stretch. Hold this pose for 30 seconds.

Where did you feel it in your body when you were doing the surfing stretch?

4. Now repeat the surfing stretch but this time focus on one of the body parts you identified in step 3.

Where did you feel it in your body this time doing the surfing stretch? In the same place as last time or somewhere new?