
A stretching routine tailored to the A highlight of HP's new Body Press line, this attractive large-format exercise guide offers a refreshingly sensible exercise alternative for men and women alike. Tobias and Stewart, students and teachers of yoga, integrate the principles of that ancient practice into daily 20-minute stretching sessions with the goals of lowering stress and enhancing body tone and flexibility. Included are precise and illustrated instructions on physical movement, body positions and alleviating stiffness and back problems. The regimen becomes progressively more complex. This stretch and relax script will guide you to relax your body by stretching out key areas to decrease the tension in your muscles. You can use this script to record your own relaxation audio or learn to relax. Copyright Notice: You may not make recordings or reproduce anything from this website, except for your personal, private use. Please see these frequently asked questions for details. None of these exercises should cause pain. If you experience any discomfort, stop or ease up. All of these stretches should be done gently and comfortably. Stretch until you feel a slight pull, not until you feel pain. Relax Into Stretching Relax Into Stretching