

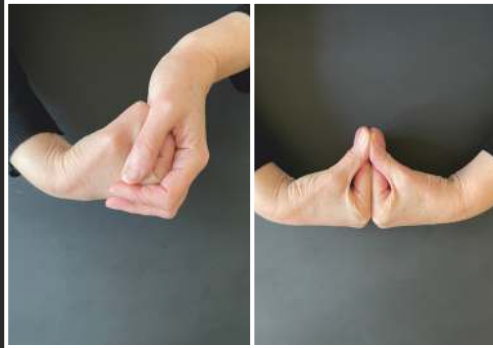
Standing Side Bends

Stand with legs hip width apart and gently extend the arms over the head. Interlace your fingers and slowly bend to one side as far as you can comfortably do so. Repeat on the other side.



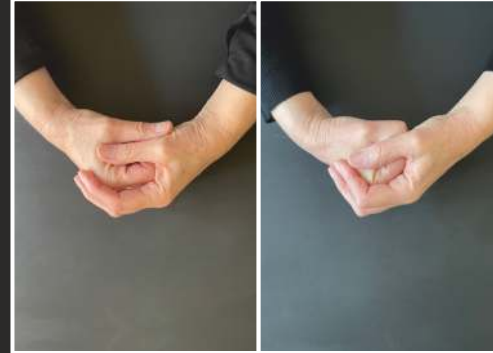
Wrist flexion

Muscles of the outer forearm stretch: Extend one arm in front, keeping the elbow slightly bent so not to lock the elbow when stretching it out in front. Palm facing down, gently press so the fingers point toward the floor. Use the other hand to gently press the fingers and feel the stretch in the outer forearm. Repeat on the other side. This stretch can be done standing.



Hand squeeze

Using a soft ball or a small ball of yarn, squeeze and release it in one hand at a time. This will be felt in the forearm muscles. Switch to the other hand and repeat. Another option is to place the ball on the surface of a table and roll it around with the palm and the wrist.



About Mary Ann Gebhardt

Mary Ann began knitting at age seven and started yoga in her twenties. Picking up her needles and quietly sitting to knit is pure peace for her. She's studied yoga and meditation for over 40 years. She is a registered member of the Yoga Alliance E-500 hour and a Chopra Certified Instructor. She runs workshops on mindful practices such as knitting meditations and sound meditations using Tibetan singing bowls.



*To "Be Mindful"
is to be in the moment*

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From Our
Hearts to Your
Hands

The
Mindful
Collection



A gift from
The Mindful Collection
developed by Yoga Expert
Mary Ann Gebhardt



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Enjoy hours of knitting with these simple, yet effective, hand, shoulder and arm stretches. Our hands are receptors for touch, movement and pressure – all of which are associated with the rhythm of knitting. Knitting is known to improve strength and dexterity in the hands, while yoga brings awareness to the body.

We hope this booklet helps you enjoy the benefits of both. Explore these movements before and after knitting.

To Begin

With each movement, inhale slowly and then exhale fully. Spend a few minutes rubbing the hands and the top of each hand. Place the thumb in the center of the opposite palm, gently rub and then do the same for each finger. Repeat on the other hand.



Finger Stretch

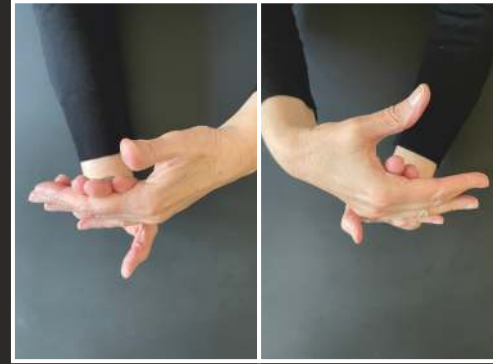
Place your hands on a surface or against the wall. Spread your fingers and slowly press against the surface. Next, press your hands together. Invert them and slowly bring the backs of your hands together (see picture). Roll the back of the hands from the fingers to the palm.



Wrist extension

Muscles of the forearm Stretch: Hold one arm out in front and relax the shoulder. Slightly bend the elbow and, with the opposite hand, gently press the palm toward the body (you should feel a stretch in the inner forearm). Repeat on the other hand.

This stretch can be done standing or seated with the forearm resting on a surface.



Thumb and Finger Stretch

Close your hands in a gentle fist. Begin to slowly circle the thumbs. Open the hands and let the pinky side of the hands rest on a surface. Now open and close the hands.



Swirl the Wrists

Gently close the hands and place the pinky side of the hands on a surface. Slowly move the wrists left and right. Slightly lift the hands away from the surface and slowly circle your wrists. Continue to explore other ways to move the wrists.

