



# Spiritual Stretching Exercises



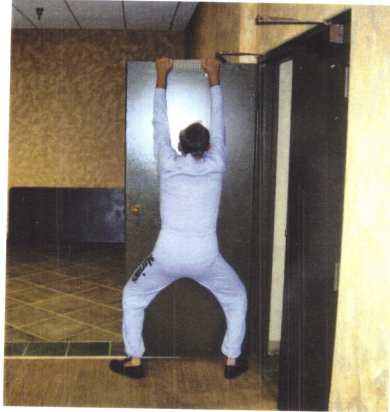
## High Flight

Oh, I have slipped the surly bonds of earth,  
And danced the skies on laughter-silvered wings;  
Sunward I've climbed and joined the tumbling mirth  
Of sun-split clouds...and done a hundred things  
You have not dreamed of...wheeled and soared and swung  
High in the sunlit silence. Hovering there  
I've chased the shouting wind along, and flung  
My eager craft through footless halls of air.  
Up, up the long, delirious, burning blue  
I've topped the windswept heights with easy grace  
where never lark, or even eagle flew.  
And, while with silent, lifting mind I've trod  
The high untrespassed sanctity of space.  
Put out my hand, and touched the face of God.

John Gillespie Magee, Jr.

### Stretch 1

- Using a towel over a doorframe to cushion your hand, support most of your weight in your hands
- Hold for 60 seconds



We must go into the unknown and ask, "What am I?"

### STRETCH 2

- Stand facing a corner with elbows out and at shoulder height; gently lean forward allowing the body weight to stretch the shoulder muscles
- Hold for 20 seconds
- Repeat two more times



More will be revealed.

### STRETCH 3

- Stretch the muscles in the back of the legs by supporting the upper body on back of a chair, leaning forward as far as possible
- Hold for 60 seconds



#### **STRETCH 4**

- **Gently bend forward allowing gravity to extend arms downward; gradually increase stretching of the hamstrings**
- **Hold for 60 seconds**



#### **STRETCH 5**

- **Very slowly lean back and gradually increase the stretch**
- **Hold for 60 seconds**



#### **STRETCH 6**

- **Allow head to lower towards the chest, and begin to rotate to the left; after three rotations, rotate to the right**
- **Repeat four times**

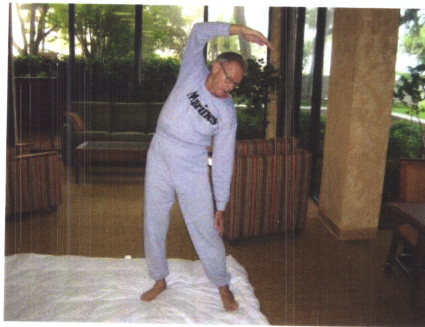
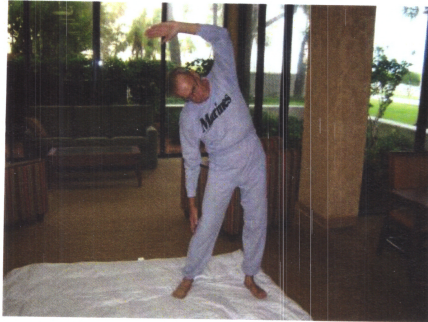


People travel to wonder at the height of mountains, at the huge waves of the sea, at the long courses of rivers, at the vast compass of the ocean, at the circular motion of the stars; and they pass by themselves without wondering.

- St. Augustine

### **STRETCH 7**

- **Raise left arm over head and bend upper body to the right as far as is comfortable**
- **Hold for 5 seconds**
- **Move left arm back towards left side as you raise right arm over head and bend upper body to the left**
- **Hold for 5 seconds**
- **Repeat five times**



### **STRETCH 8**

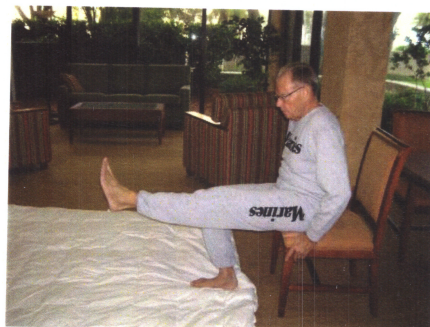
- **With hands on hips, rotate as far to the left as is comfortable**
- **Hold for 5 seconds**
- **Return to face forward and then rotate to the right**
- **Hold for 5 seconds**
- **Repeat 5 times**



*A terrible poison that is killing me is judgment.*

### **STRETCH 9**

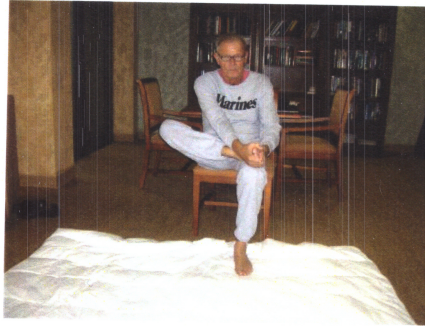
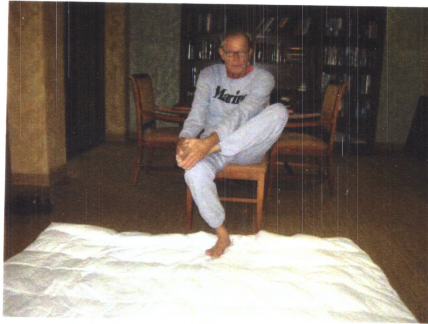
- **In seated position on front edge of chair, raise left leg to horizontal position; hold briefly and return**
- **Repeat five times**
- **Then repeat the same exercise with the right leg**



*Things are not what they seem to be, nor are they otherwise.*

### **STRETCH 10**

- **While seated on front edge of chair, place left foot on right knee, and lean forward, gently and gradually increasing the stretch**
- **Hold for 60 seconds**
- **Repeat with right foot**



### **STRETCH 11**

- **Hold back of chair for balance and extend right leg backwards as far as is comfortable**
- **Hold for 5 seconds**
- **Repeat five times**
- **Repeat exercise with left leg**



### **STRETCH 12**

- **On knees, lean forward and lower buttocks as far as possible towards heels**
- **Hold for 60 seconds**



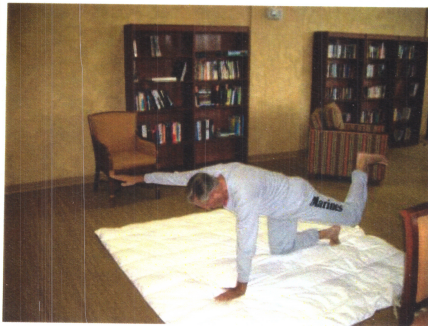
All that we see or seem is but a dream within a dream.

- Edgar Allen Poe

Matter is derived from mind,  
and not mind from matter.

### **STRETCH 13**

- **On hands and knees, raise right arm in front while extending leg upward**
- **Hold for 5 seconds**
- **Repeat five times**
- **Repeat exercise with left arm and right leg**



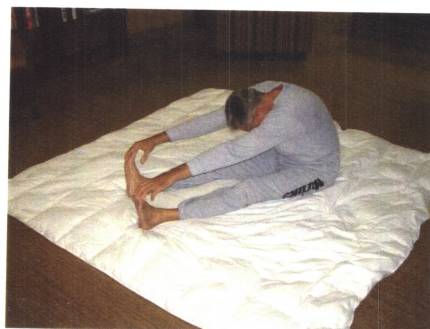
### **STRETCH 14**

- **From kneeling position, bring left foot forward and place weight of body on left knee, stretching the knee as far as possible**
- **Hold for 60 seconds**
- **Repeat with right knee**



### **STRETCH 15**

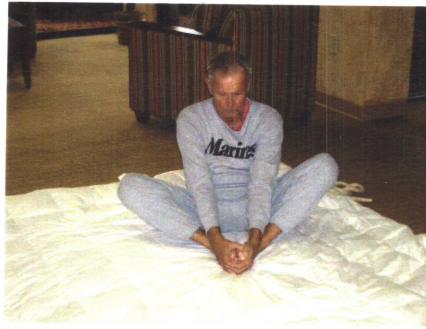
- **While seated on floor, bend forward as far as is comfortable and place hands on legs; gradually reach towards the toes**
- **Hold for 60 seconds**



Scientists are in the strange position of being confronted daily by the indisputable fact of their own consciousness, yet with no way of explaining it.

### STRETCH 16

- **While seated, bring feet together towards groin as far as is comfortable, using your hands to bring feet in towards the body**
- **Hold for 60 seconds**

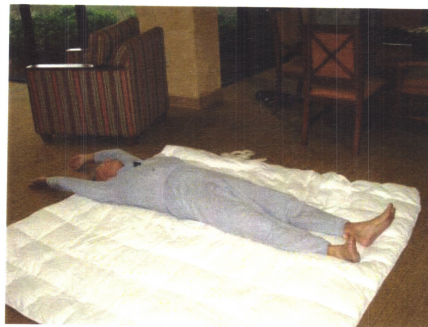


You realize beyond all trace of doubt that the world is in you, and not you in the world.

-Description of a spiritual awakening

### STRETCH 17

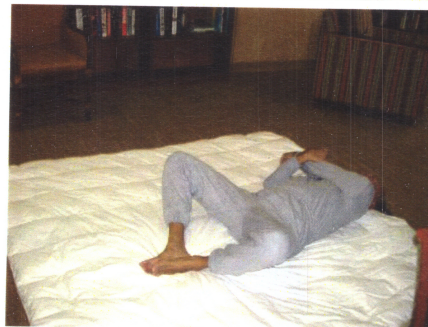
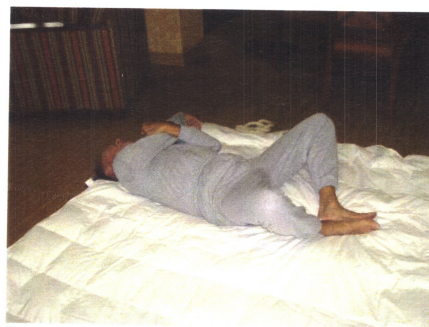
- **Lie on back and stretch arms above head on floor as far is comfortable**
- **Hold for 60 seconds**



You are the entire universe. You are in all, and all is in you. Sun, moon, and stars revolve within you.

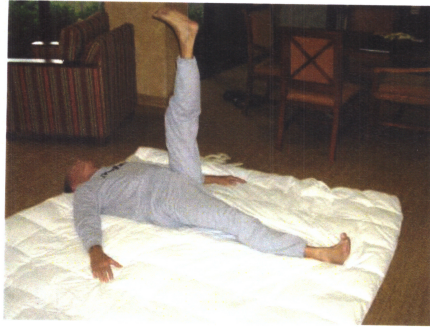
### STRETCH 18

- **While lying on back, bend legs up towards body and rotate right shoulder to the left using left arm to increase pressure**
- **Hold for 60 seconds**
- **Repeat with left shoulder**



### **STRETCH 19**

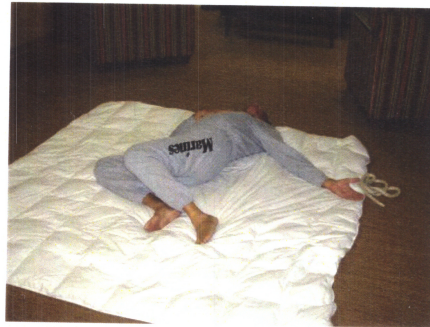
- **While lying on back, raise left leg until vertical**
- **Hold for 5 seconds**
- **Repeat five times**
- **Repeat with right leg**



The mind is constantly solving problems that it created.

### **STRETCH 20**

- **Lying on back with feet together and knees raised, rotate knees and hips towards the right until right knee touches floor**
- **Hold for 5 seconds**
- **Repeat to the left**



### **STRETCH 21**

- **Lying on back, raise left leg as far as is comfortable, and loop rope over left foot; rotate left leg until it touches the floor, keeping leg as straight as possible**
- **Hold for 60 seconds**
- **Repeat with the right leg**

Note: the exercise can be done without the use of a rope by simply rotating leg and holding it with arm and hand





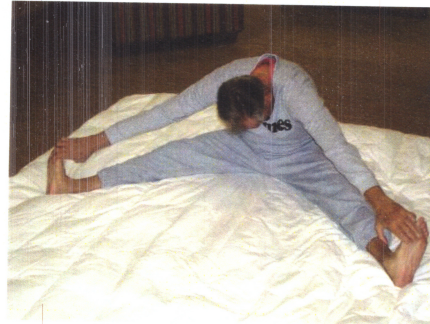
### **STRETCH 22**

- **Sitting upright with legs straight, gently lean forward and gradually reach towards feet**
- **Hold for 60 seconds**



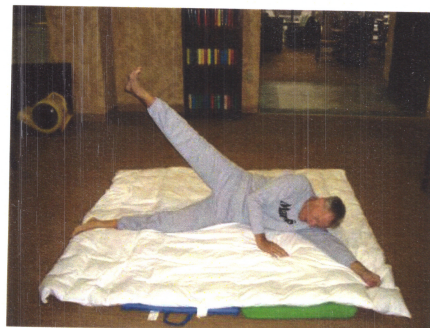
### **STRETCH 23**

- **Sitting upright, gently spread legs as far as is comfortable; reach out with right hand towards right foot, then extend left hand towards left foot (over time, reach and hold bottoms of the feet)**
- **Hold for 60 seconds; after 60 seconds, move hands forward and touch floor, gradually reaching a little further**
- **Hold for 60 seconds**



### **STRETCH 24**

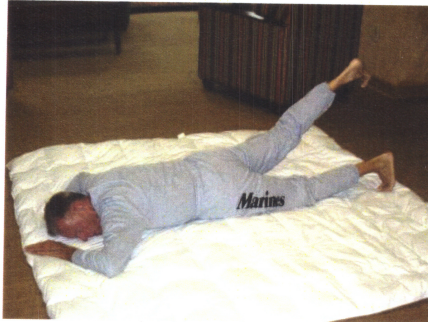
- **Lying on left side, raise right leg as far as is comfortable and lower to left leg**
- **Repeat 25 times**
- **Gradually increase to 50**
- **Repeat with left leg**



God, please  
relieve me of  
the bondage of  
freedom!

### **STRETCH 25**

- **Lying on stomach, raise right leg as far as is comfortable and lower**
- **Repeat five times**



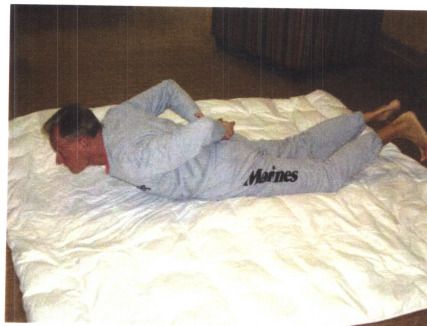
### **STRETCH 26**

- **Lying on stomach, raise left leg as far as is comfortable and lower**
- **Repeat five times**



### **STRETCH 27**

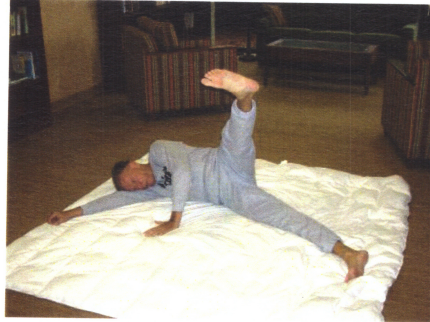
- **Lying on stomach place hands behind back, arch back and rock back and forth with head and feet off the ground**
- **Gradually build up to rock 10 times**



Every man's world picture is and always will remain a construct of his mind, and cannot be proved to have any other existence.  
- Erwin Schrodinger

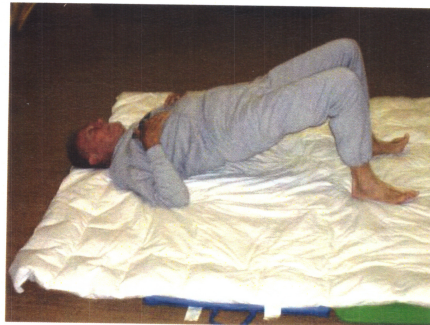
### **STRETCH 28**

- **Lying on right side, raise left leg as far as comfortable and lower**
- **Repeat 25 times**
- **Gradually increase to 50**



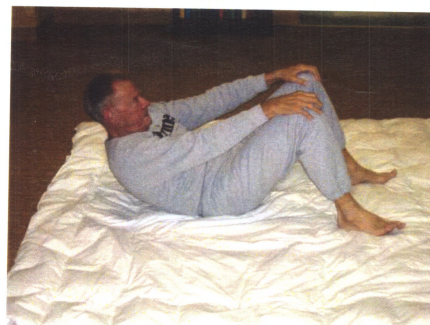
### **STRETCH 29**

- **Lying on back with knees bent, raise and lower pelvis 10 times**
- **Repeat three times**



### **STRETCH 30**

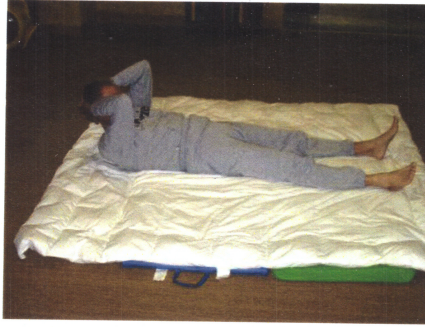
- **Lying on back with knees bent, raise up and place hands on knees**
- **Hold for 10 seconds**
- **Repeat five times**



For the rest of my  
life I want to  
reflect on what  
light is.  
- Albert Einstein

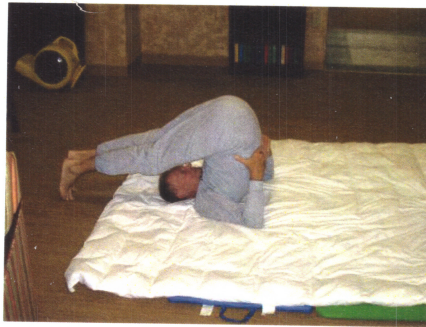
### **STRETCH 31**

- **Lying on back with hands behind head, raise neck and upper body slightly and return**
- **Repeat 25 times**
- **Gradually increase to 100**



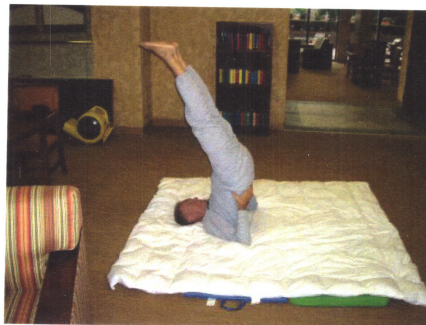
### **STRETCH 32**

- **From a sitting position with knees bent, rock backward allowing legs to extend as far as possible towards the floor**
- **Hold for 60 seconds**



### **STRETCH 33**

- **From lying position, raise legs and back as high as possible**
- **Hold for 60 seconds**



There should be joy in living the spiritual life. A faith without joy is not entirely genuine. If you are not happier as a result of your faith, there is probably something wrong with it. Faith in God should bring you a deep feeling of happiness and security, no matter what happens on the surface of your life.