



**VIOLENCE FREE**  
**MINNESOTA**

THE COALITION TO END RELATIONSHIP ABUSE

## Breathing & Stretching Practice

This exercise can be done while seated or standing. Remind participants to move only in ways that feel comfortable to them. If something does not feel comfortable, they should not do.

Sit or stand up tall.

Stretch your arms overhead and lace your fingers together. Turn your palms to the ceiling.

Breathe out and stretch to the right.

Take a deep breath in and back to the center.

Breathe out and stretch to the left.

Release your arms and return them to your side.

Take a deep breath in and lift your shoulders up to your ears.

Breathe out and let your shoulders drop. Relax.

Repeat this 3 times.

Put your hands behind your lower back, lacing your fingers together.

Stretch your shoulders back; open your chest.

Keep your head in the center, look straight ahead.

Exhale and relax.