



# DRAWBRIDGE

## *Participants*

Any number of participants.

## *Time Allotment*

5 Minutes or less

## *Activity Level*

Moderate

## *Materials*

One chair per participant

## **Balance. Release. Stretch. Posture preparation.**

### *Method*

**Step 1.** Begin with your chair turned all the way around or sideways so that the seat of the chair is facing you.

**Step 2.** Stand tall and strong with your arms at your sides and your feet about hip distance apart. Rock back and forth on your feet a few times until you find a comfortable center – this is your mountain base. Find a small unmoving object across the room in your line of vision. Focus your eyes on this object. This is your “Focus Point”.

**Step 3.** Shift your weight to your left foot and raise your right heel onto the seat of the chair. Straighten both legs and flex your right foot so that your toes are pointing up to the sky.

**Step 4.** Inhale deeply while raising your arms above your head. Lower the drawbridge by exhaling to fold forward and reach towards your shin or foot. Push your hips back to stretch your hamstring muscle, the large muscle in the back of your upper leg. (You may bend the knee of your lifted leg slightly for a more comfortable stretch.) Stay here for several breaths relaxing into the stretch with each exhale.

**Step 5.** Inhale as you bring your arms back up to close the drawbridge. Exhale as you bring your foot back to the floor, lowering your arms to return to Mountain. Switch sides and do the same process with the right foot on the chair.

### *Coaching Assist*

**Point it out.** Rather than flexing your foot, try practicing drawbridge with your toe pointed. Do you feel the stretch differently? How and where?