Rainbow Pose



Benefits

Stretches arms, abdominals, spine and chest; calms the mind.

- Start on your knees. Raise both hands over your head.
- 2 Drop one hand by your side, exhale and arch your arm over your body.
- 3 Hold this position.
- As you bring your dropped arm back over your head, straighten your body.
- (5) Repeat on other side.