

# Rainbow Pose



## Benefits

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

1

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.

4

As you bring your dropped arm back over your head, straighten your body.

5

Repeat on other side.