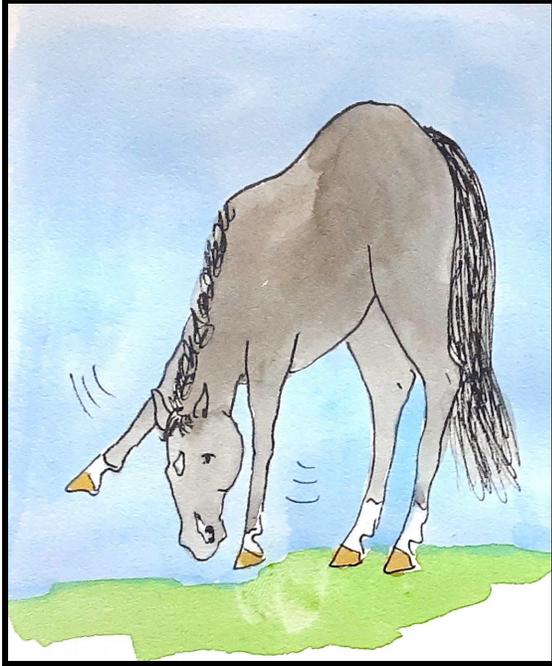


## Chapter 4 Stretch Circle

*A few more stretches to add to your daily stretch circle!*



### **Little Black: “Sailor Stretch”**

Start standing up. Slowly lower your head and upper body towards your toes. Have a soft bend in your knees, and let your head hang heavy. Gently sway your head and arms back and forth, like you are rocking with the waves on a ship!

**Finn:** Hold your left arm straight out in front of you. Touch your right forearm to the outside of your left arm. Gently stretch your left arm (keeping it straight) over to the right. You can use your right arm to add gentle pressure for the stretch. Switch arms and repeat.

**Stay tuned for more stretches from your horse friends next week!**

