



MOVEMENTS

Therefore, I urge you, brothers, by God's mercy, to present your bodies as a living and holy sacrifice pleasing to God - your spiritual worship. Romans 12:1

TIKVA - THE BODY MOVEMENTS

Welcome to the Tikva movement manual!

Tikva, which means "hope" in Hebrew, is more than just a series of exercises—it's a holistic concept.

Tikva, with its combination of gentle movements, stretching, biblical words, specially written music and prayer, is a form of exercise that goes beyond just physical activity. It is a concept that strives for health for spirit, body and soul.

It is the whole that creates Tikva. Tikva is a concept where one part is not more important than the other.

We use the movements that have been produced and are in the material. The movements were initially developed by Mimmi Edin together with a physiotherapist. Now they are selected and developed by physiotherapists together with experts in training at Kungspporten's wellness center in Huskvarna.

Simple and effective body exercises for flexibility, breathing and blood circulation.

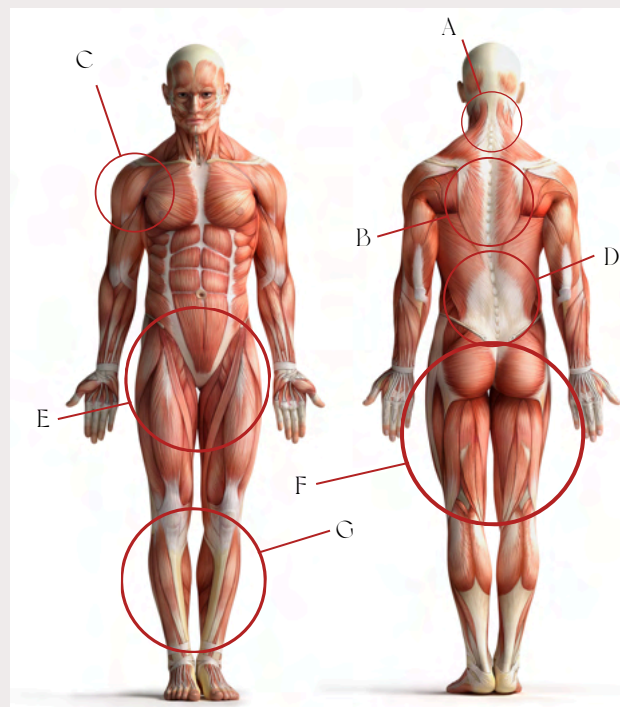
This manual is designed to help you understand and perform the Tikva movements correctly. For each exercise there are pictures and instructions. There is also a link and qr code that takes you to a video of the exercise.

The movements are categorized as follows:

- Breath
- Introduction
- A - Neck
- B - Shoulders/thoracic spine
- C - Shoulders
- D - Lumbar/trunk
- E - Hips
- F - Glutes/thigh
- G - Ankle/knee
- Finish

The categories are there to show on which area of the body it is aimed to exercise/stretch. But several of the exercises train/stretch more areas than just its category. For example, B5, which also involves several areas of the upper body.

As a Tikva instructor, we only use these movements in Tikva. You do not have the right to add your own exercises or change existing exercises. If you have requests for exercises, you can send in suggestions for these.



STANDING BASIC POSITION

1. Stand with your feet hip-width apart. Feel the ground beneath your feet.
Distribute the weight evenly under the feet, stand firmly with good balance.
2. Relax your knees. Allow the body to be stretched to its full length. Let the arms hang relaxed along the body with open hands.
3. Relax your shoulders and jaw. Let the neck be long.
4. Close your eyes if you want.



Anteckningar:

BREATH

Breathing 1

1. Put your hands on your chest (picture 1). Take deep breaths and feel how the chest expands during inhalation and sinks during exhalation. If possible: breathe in through the nose and out through the mouth. Let the exhalation be slightly longer than the inhalation.
2. Now place your hands on your stomach. Take deep breaths again, but now try to bring the breath down into your stomach. Feel how the stomach expands during inhalation and sinks during exhalation. If possible: breathe in through the nose and out through the mouth. This is where we want the breathing through the Tikva pass. Here we stimulate the parasympathetic nervous system.



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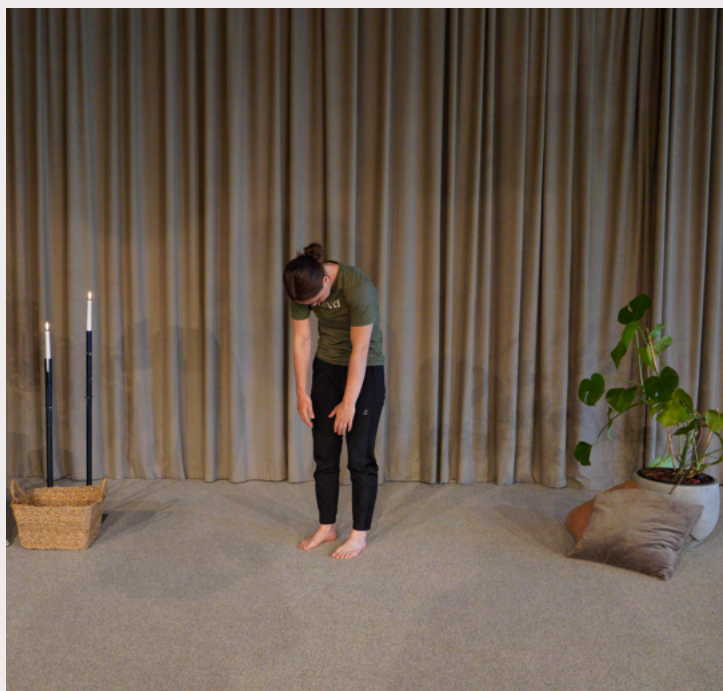
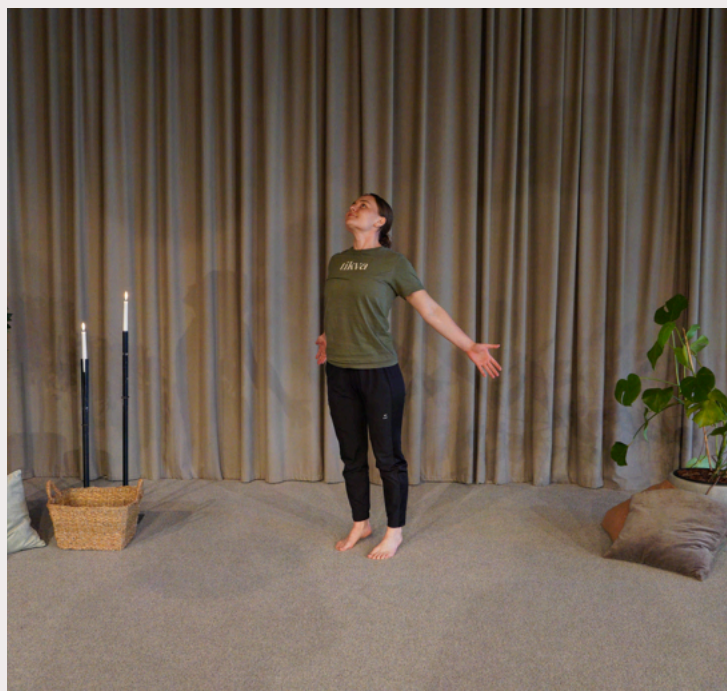


Notes:

BREATH

Breathing 2

1. Start in a standing basic position.
2. Extend straight arms out from the body, open up the chest and stretch the body. Breathe in (picture 1).
3. Relax, lower your shoulders and let your arms fall along your body. Exhale (picture 2).



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Notes:

INTRODUCTION

We always begin Tikva with this exercise:

1. Start in a standing basic position (picture 1).
2. Bring your arms along the side of your body in a large circular motion while taking a deep breath in. Clasp your hands, place them on your head and exhale (picture 2). Here you can take thoughts of worry and stress to hand them over to the Lord.
3. Stretch your arms to the sky (picture 3).
4. Now fold your upper body forward while exhaling and let your arms hang down (picture 4). Let gravity pull the body forward. Try not to slow down the movement.
5. Come back to standing by slowly rolling your upper body up. Try to start the movement at the bottom of the spine, and roll up vertebra by vertebra.



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Notes:

A-NECK

A1

1. Start in a standing basic position (picture 1).
2. Lower your shoulders and tilt your head to one side. Exhale (picture 2).
3. Come to the center and tilt your head to the other side.
4. Here you can either make the exercise dynamic = you follow the tempo of the breath and go from side to side slowly. Or you make it static = you stay in the stretch and hold it there for 20-40 seconds.



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Notes:

A-NECK

A2

1. Start sitting in a tailor's position with your hands along the floor (picture 1).
2. Lower your shoulders and tilt your head to one side. Exhale (picture 2).
3. Come to the center and tilt your head to the other side.



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Notes:

A-NECK

A3

1. Start in a standing basic position and tilt your head forward (picture 1).
2. Look up (picture 2). Repeat this a few times.
3. Look to the side (picture 3).
4. Look to the other side (picture 4). Repeat this a few times.
5. Tilt your head to the side (picture 5).
6. On the other side (picture 6). Repeat this a few times.
7. Tilt your head forward and make half circles back and forth (picture 1). Try to have contact with the chin in the chest during the movement. Imagine that you have a small pencil tip just below the chin with which you are going to paint semicircles from shoulder to shoulder.
8. Now make a full circle with your head. Change direction alternately.



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Notes:

B-SHOULDERS/THORACIC SPINE

B1

1. Start in a standing basic position and place your elbows out to the side of your body. Bring your arms up with your palms facing up (picture 1).
2. Bring one arm straight forward, and the other arm straight back (picture 2). You can also let the eyes/head follow the arm that goes behind.



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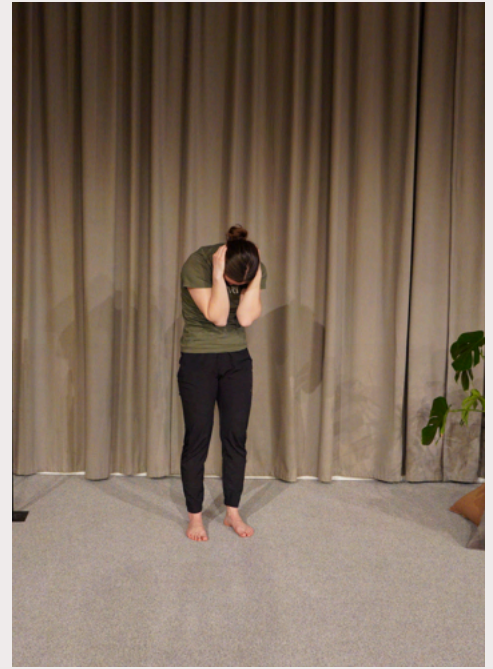


Notes:

B-SHOULDERS/THORACIC SPINE

B2

1. Place your hands on the back of your neck and open up your chest, breathe in (picture 1).
2. Bring the elbows together in front of the face (picture 2) and bend the head down towards the chest and scrunch the chest, exhale (picture 3).



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Notes:

B-SHOULDERS/THORACIC SPINE

B3

1. Lift the arms along the sides until they are parallel to the surface (picture 1).
2. Bring your arms forward and inhale (picture 2). Aim to extend your arms as far as you can by separating your shoulder blades and extending your arms forward.
3. Hug yourself and exhale (picture 3). Try to get your hands as far back as you can on your back. Repeat alternately with right/left arm above/below.



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Notes:

B-SHOULDERS/THORACIC SPINE

B4

1. Stand on all fours. Arms directly under the shoulders, knees directly under the hips (picture 1).
2. Bring one arm between the opposite hand/knee and drop the shoulder to the ground and turn the body. Exhale (picture 2). Aim to extend your arm as far as you can.
3. Then bring the arm back and rotate the body up and extend the arm as high as you can. Exhale (picture 3).



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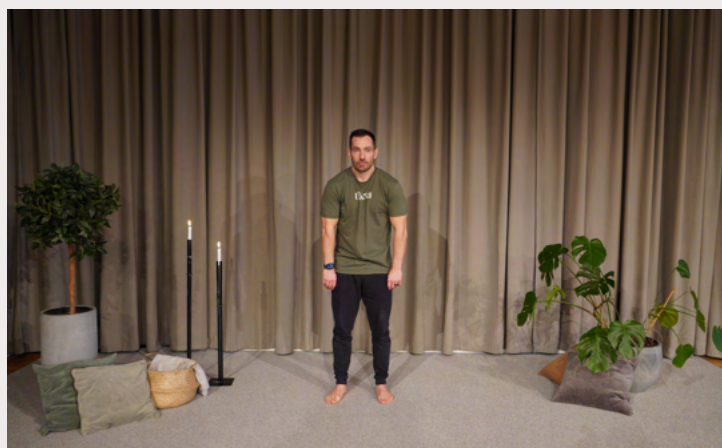


Notes:

B-SHOULDERS/THORACIC SPINE

B5

1. Start in a standing basic position (picture 1).
2. Roll the shoulders forward and back (picture 2 & 3).
3. Bring your arms along the side of your body in a large circular motion while taking a deep breath in (picture 3 & 4).
4. When the arms are straight above the body (picture 4) you fold the upper body forward while exhaling, and let the arms hang down (picture 5). Let gravity pull the body forward. Try not to slow down the movement.
5. Come back to standing by slowly rolling your upper body up. Try to start the movement at the bottom of the spine, and roll up vertebra by vertebra.



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Notes:

B-SHOULDERS/THORACIC SPINE

B6

1. Perform all steps as in exercise F16.
2. Add a diagonal movement with the arms (picture 1). Fall forward from the hip and rotate the upper body to the side. Stretch one arm down to the opposite foot and the other towards the ceiling. Exhale.
3. Switch sides and inhale (picture 2). Keep your eyes on the hand that is being stretched towards the ceiling.



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Notes:

B-SHOULDERS/THORACIC SPINE

B7

1. Start in a standing basic position and angle both feet to the left (picture 1).
2. Extend your right hand and place your left hand on your left leg (picture 2).
3. Slide your left hand along the leg and bend your body forward, trying to keep your knees straight. Keep your eyes on the right arm/hand which you simultaneously rotate inwards with the elbow extended (picture 3). Come back to standing (picture 2) and repeat this a few times.
4. Switch side. Come back to the starting position. Angle your feet to the right and extend your left arm (picture 4). Fall forward and repeat the movement (picture 5).



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Notes:

B-SHOULDERS/THORACIC SPINE

B8

1. Start in a lunge position (picture 1).
2. Fall forward and bring one hand to the floor and the other up. Follow with your gaze up to your hand (picture 2).
3. Return to the starting position and then rotate the body in the other direction (picture 3).
4. Then switch legs and repeat the movement.



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Notes:

B-SHOULDERS/THORACIC SPINE

B9

1. Lie on your side with your hands over your ears and your legs at a 90 degrees angle (picture 1).
2. Open up and bring the elbow behind the body, follow the movement with your eyes (picture 2). Then bring the elbow back and come back to the starting position. Repeat this a few times.
3. The last time you twist your upper body up, stay in the outer position and extend your elbow. Let the hand strive to touch the floor (picture 3). Rest in that position for a few seconds.
4. Add to the other side and repeat the movement.



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Notes:

B-SHOULDERS/THORACIC SPINE

B10

1. Lie on your side with your knees bent and your arms extended in front of your body with your hands on each other (picture 1).
2. Bring the upper hand forward (picture 2).
3. Then draw the hand towards the floor in a large circle around the head (picture 3). Aim for contact with the floor throughout the movement.
4. Rotate the head towards the arm and stay there for a moment. Exhale and let the arm drop closer to the floor (picture 4). Then bring the arm back towards the floor to the starting position. Repeat a few times and then switch sides.



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Notes:

B-SHOULDERS/THORACIC SPINE

B11

1. Start in a standing basic position, clasp your hands, turn your palms upwards and stretch as far as possible (picture 1).
2. Step back with one leg while placing your hands on the ground (picture 2). Place your hands on the inside of the front leg.
3. Rotate the arm closest to the foot up towards the sky (picture 3). Keep your eyes on the arm as you rotate up. Aim for the back leg to be fully extended at the knee joint.
4. Come up to standing position and repeat the entire sequence on the other side.



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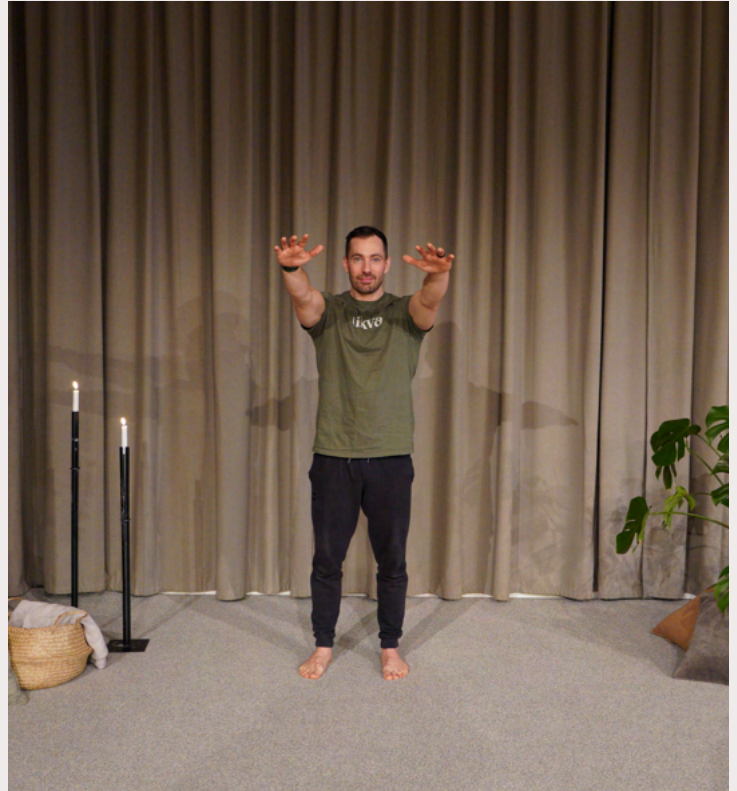


Notes:

C-SHOULDERS

C1

1. Start in a standing basic position (picture 1).
2. Raise your arms straight up in front of your body while inhaling (picture 2).
3. Lower your arms when they are at eye level while exhaling. Slowly.



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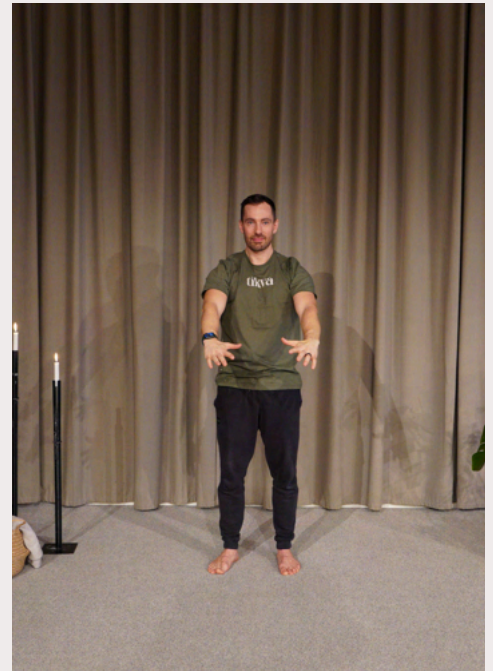


Notes:

C-SHOULDERS

C2

1. Start in a standing basic position. Turn your hands out, so that your palms are facing forward (picture 1).
2. Bring your arms along the side of your body in a large circular motion while taking a deep breath in. When the arms are straight above the body (picture 2), lower them slowly while exhaling (picture 3).



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Notes:

C-SHOULDERS

C3

1. Start in a standing basic position (picture 1).
2. Lift your shoulders as far up as you can towards your ears. Breathe in (picture 2).
3. Then drop your shoulders down without slowing the movement while exhaling quickly and forcefully.



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Notes:

C-SHOULDERS

C4

1. Start in a standing basic position. Place your elbows out to the side of your body and place one hand on top of the other with the palms facing up (picture 1).
2. Bring your hands out to the side in a rotating motion as far as you can, keeping your elbows in contact with your body (picture 2). Exhale as you rotate out. Breathe in as you come back.



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Notes:

C-SHOULDERS

C5

1. Lie on your back with your legs bent, your arms resting along your body with your palms facing the floor (picture 1).
2. Draw your arms along the floor so that your elbows are at the level of your shoulders. Try to keep contact with the floor with the entire forearm (picture 2).
3. Raise your hands and rotate your arms up without lifting your elbows from the floor (picture 3). The back of the hand should aim to touch the floor (picture 4).
4. Slide the back of your hands towards the floor and stretch your arms above your head (picture 5).
5. Then do all the steps in reverse order and come back to the starting position.



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Notes:

C-SHOULDERS

C6

1. Sit with your hands just behind your body. Feet hip width apart (picture 1).
2. Lift your body up and extend your hips and shoulders as far as you can. Exhale (picture 2).



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Notes:

C-SHOULDERS

C7

1. Stand on all fours with your hands directly under your shoulders and your knees directly under your hips (picture 1).
2. Bring the shoulder blades closer together with straight arms (picture 2). Here you can breathe in. Push yourself back up to the starting position. Exhale. Aim to separate your shoulder blades as much as you can as you push yourself back up. Notice that the movement should only be taken out in the shoulder blades. No movement should occur in the back or arms.



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Notes:

C-SHOULDERS

C8

1. Place your hands on your shoulders (picture 1). Perform circular movements with both arms at the same time, first forward three times and then backward three times.
2. Drop the arms down, bring the arms along the side of the body in a large circular motion while taking a deep breath in (picture 2).
3. Now fold your upper body forward while exhaling and let your arms hang down (picture 3). Let gravity pull the body forward. Try not to slow down the movement.
4. Come back to standing by slowly rolling your upper body up. Try to start the movement at the bottom of the spine, and roll up vertebra by vertebra.



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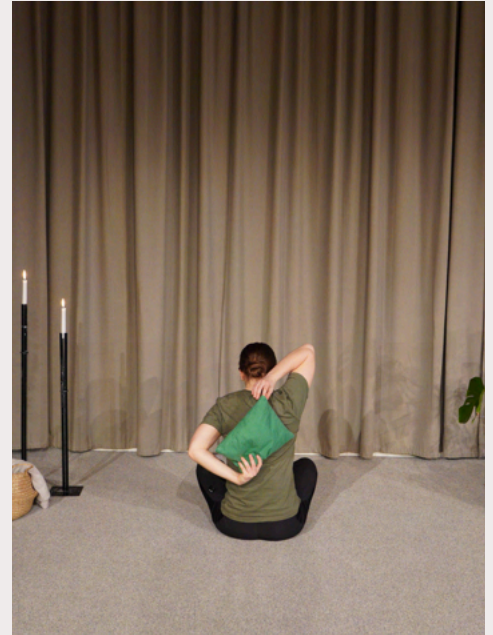


Notes:

C-SHOULDERS

C9

1. Sit cross-legged and hold a pillow behind your back with one arm above/behind and the other arm below/behind (picture 1).
2. Pick up the pillow with the upper arm (picture 2).
3. Now bring the upper arm down behind the body while bringing the lower arm up over the body. Bring the pillow up towards the upper arm (picture 3) and repeat on the other side.



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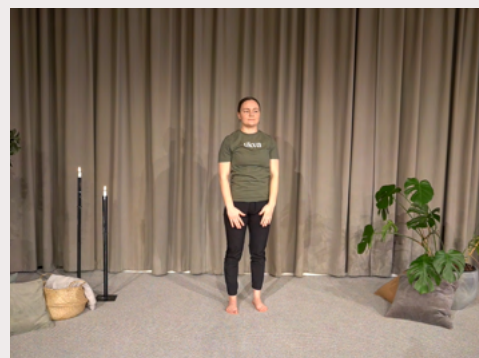


Notes:

C-SHOULDERS

C10

1. Start in a standing basic position and lift your elbows along the side of your body until they are parallel to the floor. Have a 90° angle in the elbow joint (picture 1).
2. Rotate the forearms up while maintaining the upper arms at the same angle, parallel to the surface (picture 2).
3. Stretch your hands as far as you can (picture 3)
4. Come down with the elbows parallel again (picture 4)
5. Rotate the forearms down (picture 5)
6. Come back to the basic position (picture 6)



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Notes:

C-SHOULDERS

C11

1. Sit in a cross-legged position with your hands behind your back and let your elbows come forward (picture 1).
2. Press the elbows back and bring the elbows up parallel to the surface, and have 90° in the elbow joint (picture 2).
3. Rotate your hands up so that they point upwards by 90° at the elbow joint (picture 3). Exhale.
4. Rotate back (picture 2).
5. Come back to the starting position (picture 1) and repeat the exercise.



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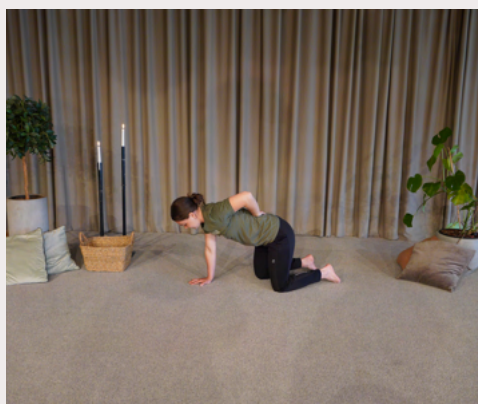


Notes:

C-SHOULDERS

C12

1. Stand on all fours with your hands directly below your shoulders and your knees directly below your hips (picture 1).
2. Raise one arm straight ahead with the palm facing in (picture 2).
3. Move the arm in a semicircle along the body/back so that the palm comes out (picture 3).
4. Place the arm on the lower back (picture 4).
5. Bring the elbow down (picture 5).
6. Raise the elbow (picture 6). Go back in the following steps: Picture 3,2,1.



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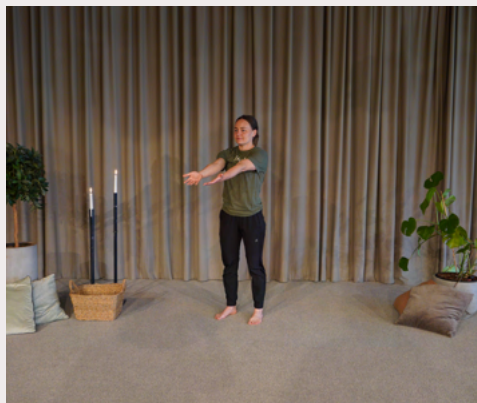
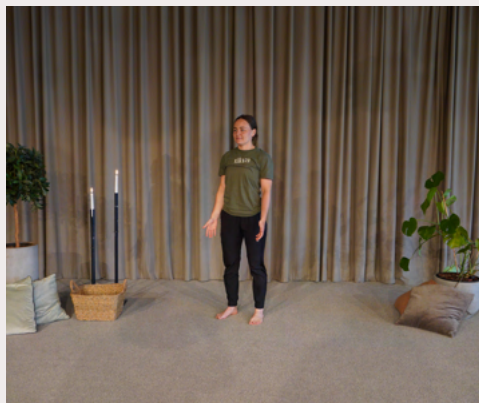


Notes:

C-SHOULDERS

C13

1. Start in a basic position with palms facing forward (picture 1).
2. Raise your arms forward/upward as far as you can with palms facing forward (pictures 2&3).
3. When it stops (picture 4), rotate the thumbs inward and continue the movement by bringing the arms back while continuing to rotate the thumbs inward (picture 5), still until you come down with the arms at the side. You should point the little fingers forward (picture 6).
4. Now bring your arms back (do the same movement but reverse direction, picture 5,4,3,2,1) Keep the little fingers forward as long as you can. Then rotate the little fingers outward to complete the exercise, returning to the starting position. Strive to make the movement as large as possible.



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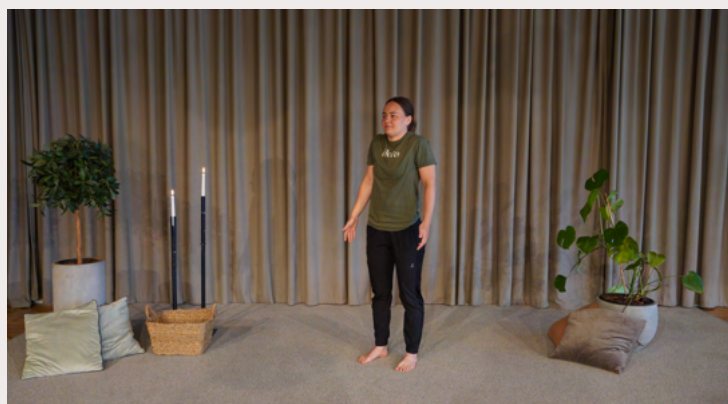


Notes:

C-SHOULDERS

C14

1. Start in a standing basic position (picture 1).
2. Push the shoulders forward and create as large space between the shoulder blades as possible (picture 2).
3. Lift the shoulders (picture 3).
4. Pull the shoulders back and together with the shoulder blades (picture 4).
5. Lower your shoulders.
6. Repeat (forward, up, back, down).
7. Change direction (back, up, forward, down).
8. Here you can breathe squarely. Push your shoulders forward - inhale, lift your shoulders - hold your breath. Pull your shoulders back - exhale, lower your shoulders - hold your breath.



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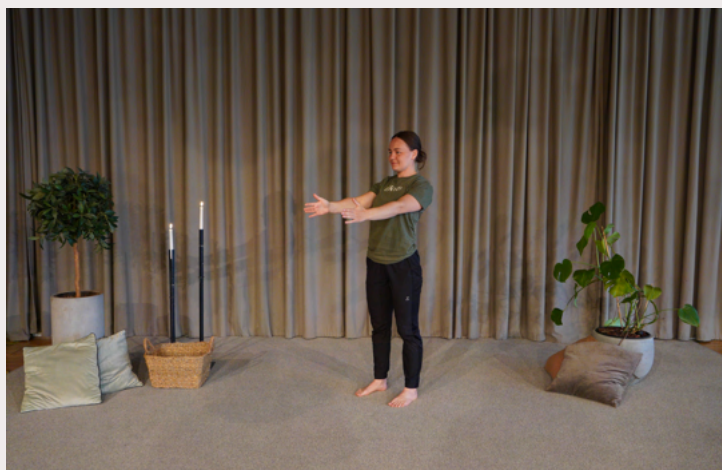


Notes:

C-SHOULDERS

C15

1. Same as C14, but with arms straight ahead.



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Notes:

C-SHOULDERS

C16

1. Move fingers and toes (picture 1).
2. Stretch your arms above your head and make yourself as tall as possible (picture 2).



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Notes:

C-SHOULDERS

C17

1. Bring your arms along the floor and up above your head, while bringing one knee up with the foot still on the ground (pictures 1 & 2). Alternate knees.



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Notes:

D-LUMBAR/TRUNK

D1

1. Start in a standing basic position. Bring one arm above the body and one arm along the side of the body (picture 1).
2. Fold the upper body to the side, and stretch the upper arm to the same side (picture 2). The arm that is out to the side allows contact with the body and slides along the leg all the time. Aim to get as far down along the leg as possible with the lower arm, while lengthening and extending the upper arm up and to the side. The hip should be still. Only the upper body to be tilted to the side. Exhale as you lean to the side.
3. Go alternately from side to side. Bring the arm down in front of you while bringing the other arm up as you switch sides. Here you can breathe in.



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Notes:

D-LUMBAR/TRUNK

D2

1. Start in a standing basic position. Bring both arms above the body and make yourself tall (picture 1).
2. Fold the upper body to the side. The hip should be still. Only the upper body to be tilted to the side. Exhale as you lean to the side (picture 2).
3. Go alternately from side to side. You can breathe into the center (picture 3).



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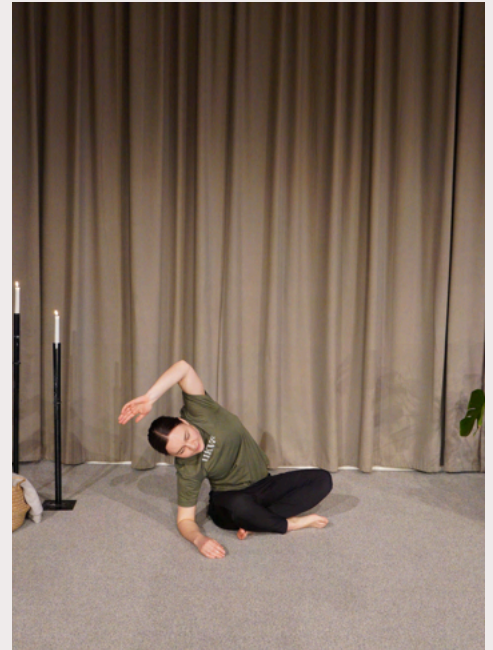


Notes:

D-LUMBAR/TRUNK

D3

1. Start in the tailor (picture 1).
2. Bring one arm above your head and fold your upper body to the side. Let the other arm rest on the floor. Exhale as you lean to the side (picture 2).
3. Go alternately from side to side (picture 3).



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Notes:

D-LUMBAR/TRUNK

D4

1. Start sitting in a tailor's position or with the soles of your feet against each other. Place your hands in front of you with straight arms (picture 1).
2. Bring your arms in a circular motion in front of you, trying to keep your arms straight and the distance between your hands equal (pictures 2 and 3). Try to make the circle slightly larger with each round. Switch direction.



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Notes:

D-LUMBAR/TRUNK

D5

1. Stand on all fours with your hands directly under your shoulders and your knees directly under your hips. Arch your back (picture 1) and sit back on your heels (picture 2). Exhale.
2. Bend your arms and pull yourself forward as close to the floor as possible (picture 3), while straightening/arching your back and getting up on all fours with a straight back (picture 4). Breathe in during this movement.



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Notes:

D-LUMBAR/TRUNK

D6

1. Stand on all fours with your hands directly under your shoulders and your knees directly under your hips (picture 1).
2. Sit back on your heels and walk out with your arms to one side (picture 2). Exhale. Here you can take a couple of deep breaths.
3. Then go over to the other side and do the same thing there. Repeat alternating side to side.



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Notes:

D-LUMBAR/TRUNK

D7

1. Stand on all fours with your hands directly under your shoulders and your knees directly under your hips (picture 1).
2. Bring your hip down to the floor and arch your back. Exhale (picture 2).
3. Sit back on your heels and exhale (picture 3). Repeat the movement.



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Notes:

D-LUMBAR/TRUNK

D8

1. Bring the knees up to the chest and place the opposite hand on the knee (picture 1).
2. Bring the other arm out to the side and place it on the ground while you tilt the knees slowly to the other side (picture 2). Exhale. Here you can take a few deep breaths before switching sides.



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Notes:

D-LUMBAR/TRUNK

D9

1. Start sitting in a tailor's position. Place both hands on the floor in front of you (picture 1).
2. Lean forward and move your hands side to side as if you are "painting" the floor (pictures 2&3). Try to make a big movement without letting your glutes leave the floor.



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Notes:

D-LUMBAR/TRUNK

D10

1. Start in a standing basic position (picture 1).
2. Begin the rotation with the upper body by leaning diagonally forward with the hip remaining in the same position (picture 2). So it is only the upper body that should rotate/bend. The hip is still.
3. Let the body come forward (picture 3).
4. To the other side (picture 4).
5. Back (picture 5).
6. Repeat the rotation. Don't forget to change direction and also rotate the other way after a while.



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Notes:

D-LUMBAR/TRUNK

D11

1. Start in a standing basic position (picture 1).
2. Rotate the upper body to the side and let the arms swing freely along (picture 2).
3. Rotate in the other direction (picture 3).
4. Let the arms be relaxed and follow the movement like "strings". Keep your hip still.



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Notes:

D-LUMBAR/TRUNK

D12

1. Start sitting with one leg bent and one leg extended (picture 1).
2. Bring one arm above the head and lean the body diagonally towards the outstretched leg (picture 2). Try to keep both glutes on the floor.
3. Lean the body in the other direction and place one hand behind the body. The other hand is stretched up towards the ceiling at the same time as you lift the hip upwards (picture 3).
4. Switch between these positions. Then switch sides, extend the other leg and repeat the same way.



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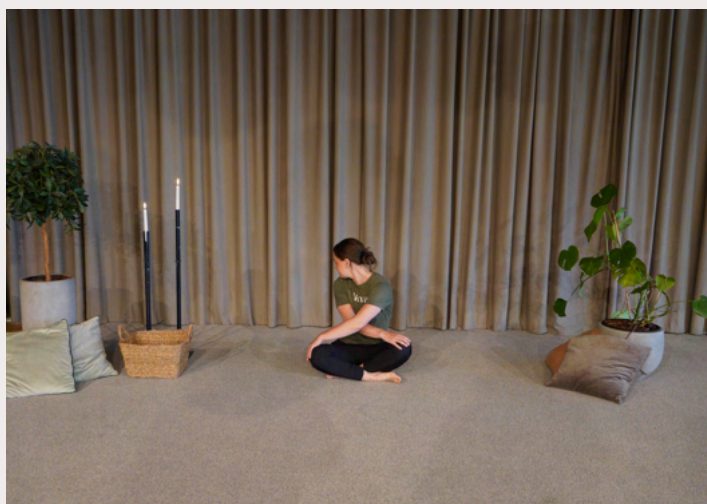
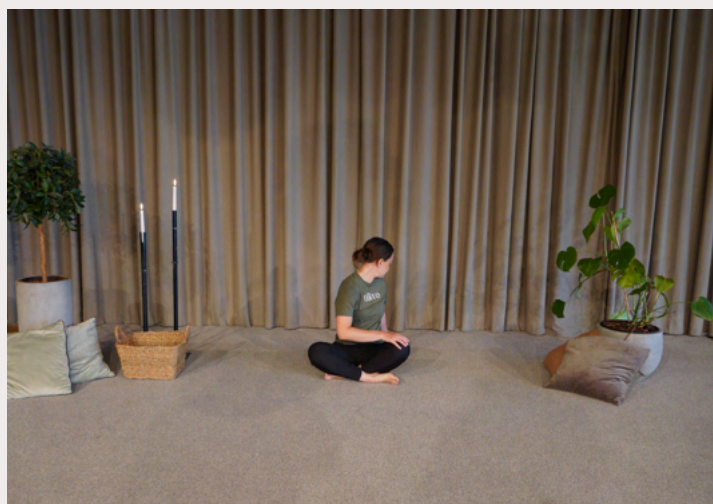
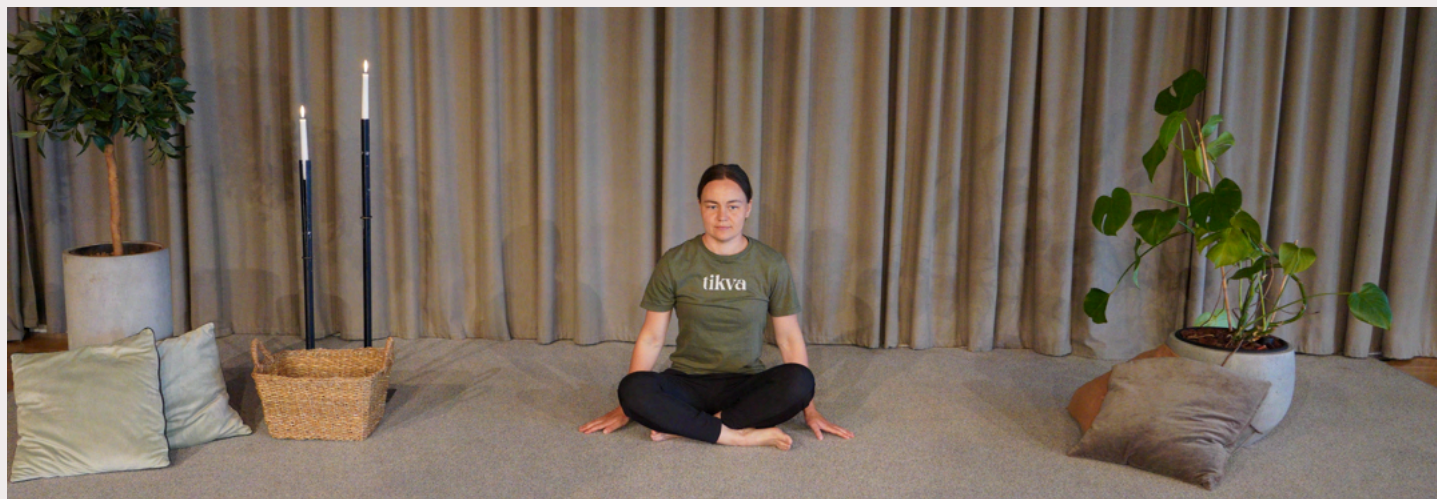


Notes:

D-LUMBAR/TRUNK

D13

1. Start sitting in a tailor's position (picture 1).
2. Place one hand on the opposite knee. Rotate in the chest and bring the other hand along the floor behind the body (picture 2). Exhale.
3. Then rotate the body to the opposite side and place the hand on the other knee. Inhale during the movement and exhale at the end of the rotation (picture 3). Use your hand on your knee to get a little further.



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Notes:

D-LUMBAR/TRUNK

D14

1. Pull your knees up to your chest and embrace them.
2. Start by making circular movements with your feet in both directions (ankle).
3. Then make circles with the lower legs in both directions (knee joints).
4. Then make circles with the knees in both directions (lumbar).



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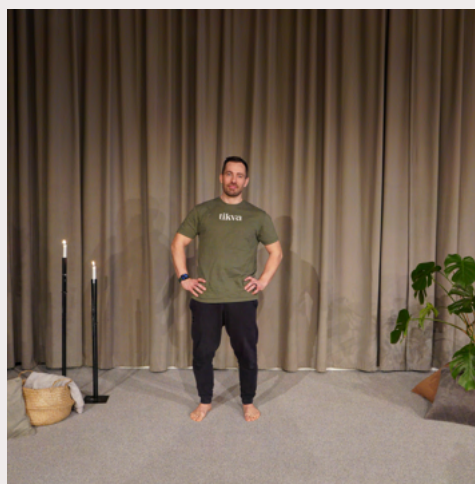


Notes:

E-HIPS

E1

1. Start in a standing basic position (picture 1).
2. Put your hands on your hips. Start the rotation with the hip by going to one side (picture 2).
3. Come forward with the hip (picture 3).
4. On the other side (picture 4).
5. Back (picture 5).
6. Change the direction of rotation after a few times.



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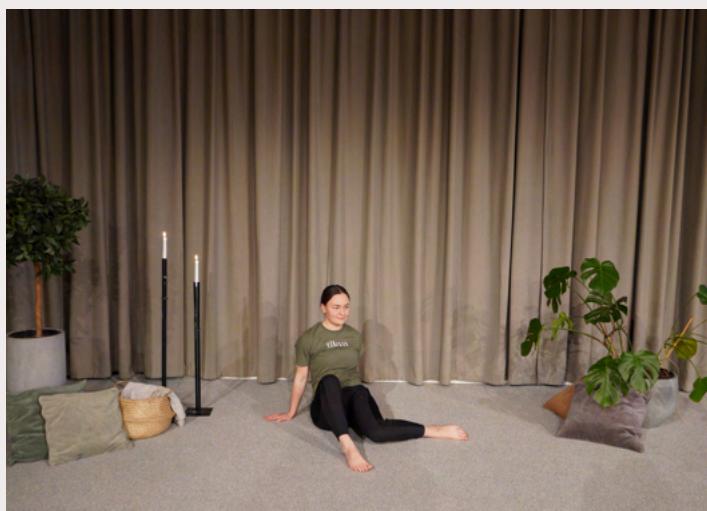


Notes:

E-HIPS

E2

1. Sit down with your feet slightly wider than shoulder-width apart with your hands behind you (picture 1).
2. Bend one knee inwards towards the ground while the other knee remains in the same position (picture 2). Here you can breathe out.
3. Come back with the knee and then do the same with the other leg (picture 3).



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Notes:

E-HIPS

E3

1. Sit down with your feet slightly wider than shoulder width with your hands behind you (picture 1).
2. Bend both knees to the same side and lift your hip, while extending one arm to the sky (picture 2). Make sure you have enough width between your feet so that the knee comes down behind the heel. Repeat alternating side to side. Exhale as you extend your arm above your head.



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Notes:

E-HIPS

E4

1. Start in a lunge position (picture 1).
2. Clasp hands. Stretch your arms up to the sky, while turning your palms up and coming forward with your hips as far as you can. Exhale (picture 2).
3. Breathe in, and come down with the arms, bend the hip and angle the foot up. Extend your hands towards your feet and exhale (picture 3). Think about dropping your hips, coming back slightly with your hips, and making your back as long as possible so that you stretch the back of your leg, not your back.



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Notes:

E-HIPS

E5

1. Start in a lunge position (picture 1). Tighten the gluteal muscle in the back leg so that you feel it stretch on the front of that leg, toward the hip.
2. Breathe in and bring your arms above your head. Exhale (picture 2).
3. Repeat.



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Notes:

E-HIPS

E6

1. Start by sitting at 90/90 degrees with your legs. Place your hands behind your body on the floor (picture 1).
2. Rotate the rear foot forward and bring towards the heel of the front foot (pictures 2 & 3). Try to keep the knee in the same direction during the movement of the lower leg.
3. Return to starting position and repeat. Then switch sides.



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Notes:

E-HIPS

E7

1. Start by sitting at 90/90 degrees with your legs and arms in the same direction as your thigh bones (picture 1).
2. Lift the rear foot without lifting the knee (picture 2). Hold for a few seconds and exhale. The movement should be taken out in the hip, a rotation. Repeat several lifts on the same side.
3. Then switch the position of the legs and repeat.



Same exercise as E7 but with support of arms on the floor.



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Notes:

E-HIPS

E8

1. Start in a standing basic position (picture 1).
2. Lift one knee up to parallel (picture 2).
3. Rotate out, and open up the hip (picture 3).
4. Place the leg/foot behind the other (picture 4). Only the toes come down into the ground. Do the movement in the opposite direction now, image 3,2,1. Repeat.



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Notes:

F-GLUTES/THIGH

F1

1. Start standing with your feet shoulder-width apart (picture 1). Take a deep breath.
2. Sit down as deep as you can with the whole foot still on the ground while exhaling and bringing your arms forward in front of your body. Maintain a straight back during the exercise (picture 2).
3. Come back up to standing while inhaling. Repeat.



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Notes:

F-GLUTES/THIGH

F2

1. Start standing with your feet wide apart (picture 1). Take a deep breath.
2. Sit down as deep as you can with the whole foot still on the ground while exhaling and bringing your arms forward in front of your body. Maintain a straight back during the exercise (picture 2).
3. Come back up to standing while inhaling. Repeat.



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Notes:

F-GLUTES/THIGH

F3

1. Sit with your legs extended straight in front of you (picture 1).
2. Bend your body forward and stretch your arms as far forward as you can (picture 2). Exhale. Come back again and straighten your back and pull your elbows back (picture 3). Repeat.
3. It can help with a pillow to sit on. It is also fine to have slightly bent legs if it is difficult with fully extended legs.



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Notes:

F-GLUTES/THIGH

F4

1. Sit with one leg bent and the foot against the inside of the other leg (picture 1).
2. Stretch your hands towards the foot and lean your upper body over the leg. Try to keep the knee extended (picture 2). Hold for 20-40 seconds as a static stretch. Then switch legs and repeat.



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Notes:

F-GLUTES/THIGH

F5

1. Start sitting in a tailor's position with the soles of your feet facing each other (picture 1).
2. Lean forward and stretch your hands as far in front of you on the ground as you can (picture 2). Exhale.
3. Come back and press your elbows behind your body and stretch (picture 3).



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Notes:

F-GLUTES/THIGH

F6

1. Sit on the floor with your legs straight in front of you (picture 1).
2. Pull one knee up towards the stomach and bring the opposite arm around the knee (picture 2). Remember to straighten your lower back and stay on the floor with both glutes.



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Notes:

F-GLUTES/THIGH

F7

1. Bring one knee up to your chest and grasp behind the knee with your hands (picture 1).
2. Extend the leg as far as you can while pointing the foot forward (picture 2). Hold the leg and point the foot/toes towards you. Hold the foot like this and bend the leg back down and repeat.



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Notes:

F-GLUTES/THIGH

F8

1. Pull the foot up towards the glutes and place the other foot over that knee (picture 1).
2. Bring the knee to the chest, grab behind the knee and pull the knee towards you (picture 2).
3. Try to keep your head on the ground. A pillow helps here. Hold the stretch for 20-40 seconds. Remember to take deep slow breaths.



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Notes:

F-GLUTES/THIGH

F9

1. Sit with your hands behind your back and your feet on the floor (picture 1).
2. Place one foot on the other knee (picture 2).
3. Rotate to one side (picture 3). Exhale.
4. Rotate over to the other side (picture 4). Exhale.



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Notes:

F-GLUTES/THIGH

F10

1. Lie on your side with your head on your arm or pillow (picture 1).
2. Pull the lower leg up towards the glutes and grab the foot. Try to straighten the hip and keep the knee in line with the hip and shoulder (picture 2).



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Notes:

F-GLUTES/THIGH

F11

1. Start standing in a high plank (picture 1).
2. Bring one leg under the body and bend the knee (picture 2). For increased stretch try rotating the lower leg forward towards a 90 degree angle.
3. The stretch is dynamic, walk down to the forearms (picture 3) and then back up to straight arms. Remember to keep your lower back straight and fall forward from the hip.



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Notes:

F-GLUTES/THIGH

F12

1. Start standing on your knees with your hands placed on the floor under your shoulders. Extend one leg straight out from the body, place the sole of the foot on the floor (picture 1).
2. Bring the butt down towards the foot, extend the arms in front of the body (picture 2). Perform the stretch dynamically, return to the starting position and repeat the movement.



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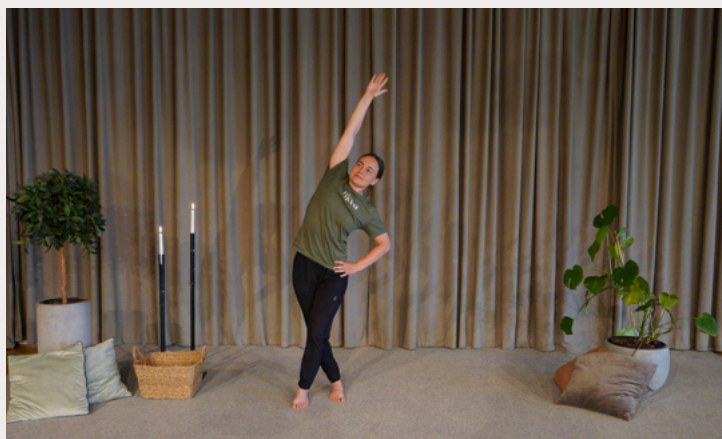
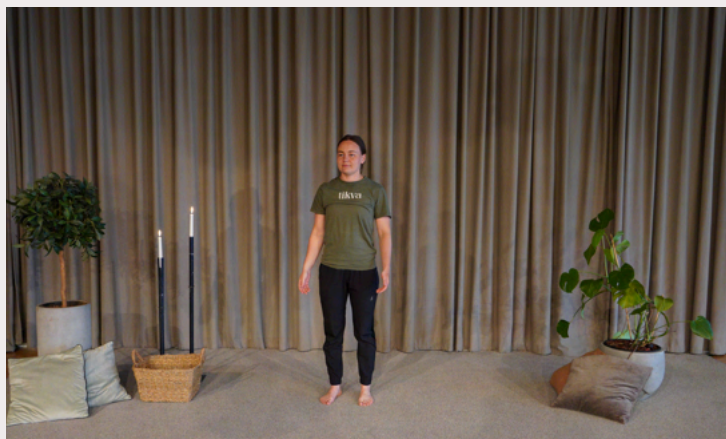


Notes:

F-GLUTES/THIGH

F13

1. Start in a standing basic position (picture 1).
2. Cross your legs and put your weight on the back leg (picture 2).
3. Stretch the arm up towards the ceiling on the same side as the back leg. Place the other hand on the outside of the hip (picture 3). Breathe in.
4. Lean the body to the side and at the same time move the hip in the opposite direction (picture 4). Exhale.
5. Repeat the stretch dynamically a few times. Then switch sides and repeat.



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Notes:

F-GLUTES/THIGH

F14

1. Start in a kneeling position and lower down with your butt on your feet. Place your hands on the floor behind your body (picture 1). Take a deep breath.
2. Lift your hip up towards the ceiling and extend one arm up towards the ceiling. Exhale (image 2).
3. Come down to the starting position and perform the movement with the other arm. Repeat.



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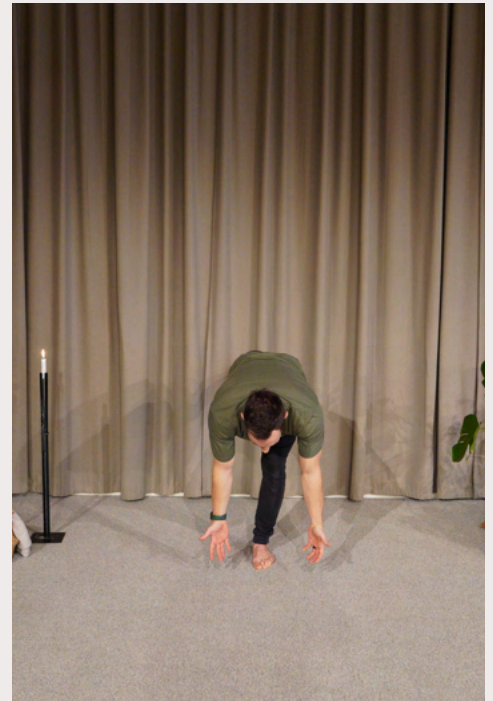


Notes:

F-GLUTES/THIGH

F15

1. Stand slightly narrower than hip-width apart (picture 1).
2. Raise your arms above your head, while lifting one knee (picture 2). Here you can breathe in.
3. Lean forward by dropping at the hip and exhale (picture 3). Stretch your arms towards the ground. Remember to have a straight back by stretching and making yourself as tall as possible.



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Notes:

F-GLUTES/THIGH

F16

1. Start with your feet wide apart (picture 1).
2. Shift your weight from side to side and bend your knees slightly. Let the knee point in the same direction as the foot (pictures 2&3). Repeat a few times.
3. Then put your hands on your shoulders (picture 4) and perform backward circular movements with the same arm as the direction you are moving the weight (picture 5).



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Notes:

F-GLUTES/THIGH

F17

1. Start in a standing basic position (picture 1).
2. Bring your arms along the side of your body in a large circular motion while taking a deep breath in (picture 2).
3. When the arms are straight above the body, fold the upper body forward while exhaling (picture 3) and let the arms hang down (picture 4). Let gravity pull the body forward. Try not to slow down the movement.
4. Come back to standing by slowly rolling your upper body up. Try to start the movement at the bottom of the spine, and roll up vertebra by vertebra.



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Notes:

F-GLUTES/THIGH

F18

1. Clasp your hands, turn your palms upwards and reach up/back (picture 1).
2. Lean forward and actively push yourself down towards the ground as far as you can (picture 2).



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Notes:

F-GLUTES/THIGH

F19

(From the floor to standing at the end of the session)

1. Squat down with your fingers under your toes (picture 1).
2. Push your hips up towards the ceiling, extend your legs and keep your fingers under your toes if possible (picture 2).
3. Release your fingers and slowly roll up to standing, vertebra by vertebra (picture 3).



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Notes:

F-GLUTES/THIGH

F20

1. Sit with your legs wide apart (picture 1).
2. Lean your body forward with your hands on the ground and come as far forward as you can (picture 2). Exhale. Hold as a static stretch, or come back and repeat the movement as a dynamic stretch.



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Notes:

G-ANKLE/KNEE

G1

1. Start in a standing basic position (picture 1).
2. Rise up on your toes while inhaling. Try to get as high as you can (picture 2).
3. Come back down slowly while exhaling.



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Notes:

G-ANKLE/KNEE

G2

1. Start in a standing basic position (picture 1).
2. Bring your arms up in front of you to eye level at the same time as you go up on your toes (picture 2). Here you can breathe in.
3. Exhale as you return to the starting position.



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Notes:

G-ANKLE/KNEE

G3

1. Rise up on your toes while inhaling. Try to get as high as you can (picture 1).
2. Come down slowly and exhale.
3. Go up on your heels, toes lift off the floor and inhale (picture 2). Come back to the starting position and exhale. Repeat toe and heel lifts.



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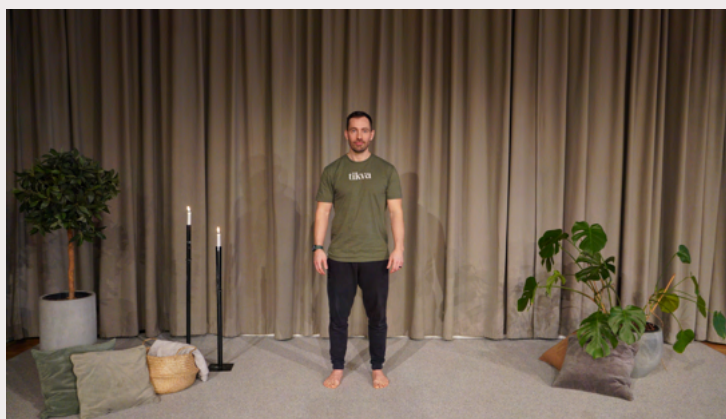


Notes:

G-ANKLE/KNEE

G4

1. Start in a standing basic position (picture 1). Imagine grabbing the floor with your feet/toes.
2. Start the rotation by tilting the body and put the center of gravity to the side, without the feet or toes leaving the ground (picture 2), this applies throughout the exercise.
3. Then come forward (picture 3).
4. On the other side (picture 4).
5. And behind (picture 5).
6. Change the direction of the rotation after a while.



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Notes:

G-ANKLE/KNEE

G5

1. Place your hands on your knees with your knees slightly bent (picture 1).
2. Try to grip the ground with your feet/toes and then start the rotation with your knees by moving them to one side (picture 2).
3. Then come back and stretch your knees slightly (picture 3).
4. Come over to the other side (picture 4).
5. Come forward with your knees and rotate over to the other side.
6. Change the direction of the rotation after a while.



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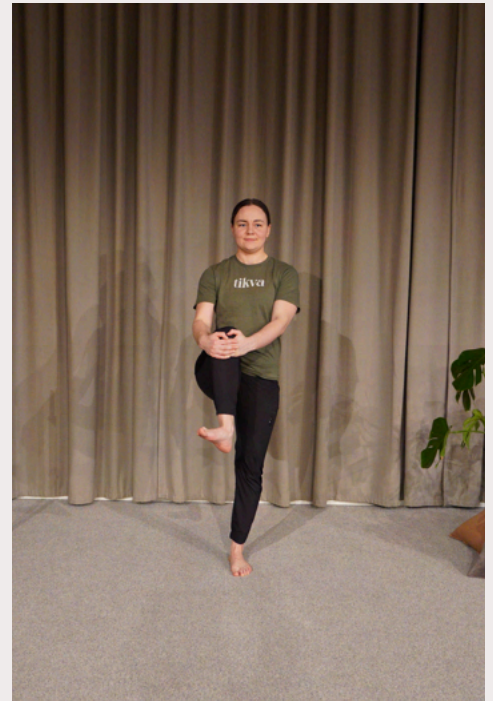


Notes:

G-ANKLE/KNEE

G6

1. Start in a standing basic position and pull one knee up towards your stomach.
Place your hands over your knee (picture 1).
2. Perform a circular movement with the ankle (picture 2).
3. Change direction after a while (picture 3).
4. Then switch feet and repeat the movement.



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Notes:

FINISH

We always end Tikva with this exercise.

1. Start in a standing basic position (picture 1).
2. Bring your arms along the side of your body in a large circular motion while taking a deep breath in. Clasp your hands, place them on your head and exhale (picture 2). Here we get to gather thoughts of gratitude.
3. Stretch your arms towards the sky (picture 3).
4. Now fold your upper body forward while exhaling and let your arms hang down (picture 4). Let gravity pull the body forward. Try not to slow down the movement.
5. Come back to standing by slowly rolling your upper body up. Try to start the movement at the bottom of the spine, and roll up vertebra by vertebra.



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Notes:
