

MedKNITation™ Moves

yoga-inspired exercises for people who knit and crochet



Stand when you cast on, and every 5-10 rows.



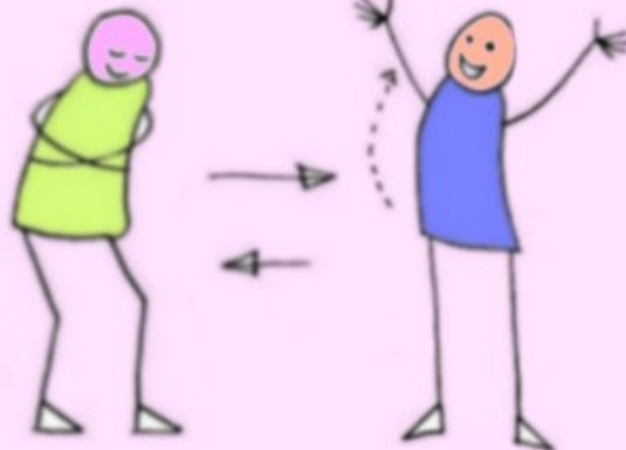
Stand with feet hip width apart. Make gentle circles with hips.



Stand with feet hip-width apart. Come to ball of left foot. Make 5 small, gentle circles with knee. Switch legs.



Standing with feet hip-width apart, raise arms overhead (if comfortable). Lean slightly to right, then left, 3 times.



Standing with feet hip-width apart, curl over slightly, arms wrapped around you in a hug. Then raise arms out and lift chest. Give yourself a hug and raise 3 times.

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Please listen to your body and do only what feels good. Ask your doctor before doing any of these exercises.