



DAILY STRETCH PLAN

Feel Better in 10 Minutes a Day

Your body was made to move – but life has a way of making us sit still for too long. The result? Tight muscles, stiff joints, and a body that feels older than it is.

This plan is here to change that. With just 5 simple stretches, you'll release tension, improve flexibility, and move through your day with more ease. Best of all, you only need 10 minutes – no special equipment required.

BY EMILY WALSH RIBEIRO



Introduction

WHAT IS STRETCHING?



Stretching is more than just a warm-up or cool-down — it's a simple, powerful way to keep your body moving freely. By gently lengthening your muscles and creating space in your joints, you improve circulation, release tension, and support better posture.

When done regularly, stretching can help you move with more comfort, reduce stiffness, and even boost your mood. Whether you're easing into your day, breaking up long hours of sitting, or winding down before bed, stretching is a gift you give your future self.

“Your body holds incredible potential. Care for it, listen to it, and it will carry you through life with ease.”

-Emily Walsh Ribeiro

About THE AUTHOR

Emily is a Yoga Health Coach and published author with over 5,000 yoga classes taught, impacting the lives of more than 15,000 students. For nearly a decade, she's taught at some of Orlando's most respected yoga studios and schools, and has published books and courses on yoga, nutrition, and mindfulness.

She grew up in rural Florida, spending her days exploring rivers in her rowboat with her dog – a love of nature that still inspires her mindful, grounded approach to wellness today. Now living in Winter Park, Florida with her husband, two teens, and two cats, she enjoys freediving, exploring springs, and jeep trail riding in her free time.

Her own healing journey taught her that small, consistent practices – like the stretches in this plan – can transform the way we feel. Today, she is passionate about helping women over 40 feel vibrant, confident, and at home in their bodies again.



DO YOU NEED
MORE HELP?

SCHEDULE A CALL



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Before We Begin

BENEFITS OF STRETCHING



Stretching isn't just about flexibility – it's about freedom in your body.

When you stretch regularly, you:

- Release tension in tight muscles and joints.
- Improve mobility so everyday movements feel easier.
- Boost circulation for better energy and recovery.
- Enhance posture by balancing the muscles that support your spine.
- Support mental well-being through mindful, relaxing movement.

Every stretch you take is an investment in how you want to feel tomorrow, next month, and years from now.



Before We Begin

SAFETY TIPS FOR STRETCHING



Stretching should feel good – never painful.

To keep your practice safe and effective:

- Warm up first with gentle movement like walking in place or shoulder rolls.
- Move slowly and avoid bouncing in your stretches.
- Breathe deeply to help your muscles release.
- Listen to your body – if you feel sharp pain, ease out immediately.
- Use props like pillows, straps, or chairs for extra support.

Remember, stretching is about nurturing your body, not pushing it to its limits.



Before We Begin

HOW TO USE THIS GUIDE



Think of this guide as your roadmap to moving and feeling better in your body – simple, approachable, and designed to meet you exactly where you are.

- **Start where you are.** You don't need to be flexible or experienced. These stretches work for all levels.
- **Sprinkle it in.** Instead of carving out a big chunk of time, just take 2-5 minutes in the morning, midday, and evening. (A reminder alarm can help!)
- **Follow the steps.** Each stretch comes with clear instructions, benefits, and modifications so you can adjust for your comfort.
- **Breathe with intention.** Inhale to create space, exhale to soften and release. Your breath is just as important as the movement.
- **Listen to your body.** Stretching should feel supportive, never painful. Use props or modifications when needed.
- **Notice your wins.** Track how you feel – less stiffness, more mobility, and more ease in daily life.
- **Stay consistent.** Progress comes from showing up, not from perfection. Small, steady steps create the biggest change over time.



How to Use This Guide

INSTANT RELIEF



Quick Wins You'll Notice

- ✓ Looser Hips & Shoulders - those spots that always feel "tight" will start to ease.
- ✓ Less Back & Neck Tension - simple daily twists and folds release built-up stress.
- ✓ Better Posture & Mobility - moving through your day feels lighter and easier.
- ✓ More Energy & Calm - short stretch breaks reset both your body and your mind.
- ✓ Confidence in Your Body - you'll trust yourself to move without fear of pain.

💡 Most people start noticing small changes right away and REAL changes in just 7 days — and small wins keep stacking up from there!

The Stretches

CAT-COW FLOW



1. Cat-Cow Flow - 2 minutes

- *Begin on hands and knees, wrists under shoulders, knees under hips.*
- *Inhale: lift your head and tailbone, drop your belly (Cow).*
- *Exhale: round your spine, tuck your chin (Cat). Repeat slowly.*

Benefits: Improves spinal mobility, eases back tension, warms up the body.

Modification: Do the movement seated if kneeling is uncomfortable.



The Stretches

LOW LIZARD LUNGE



2. Low Lunge with Heart Opener - 2 minutes

- *Step one foot forward, knee stacked over ankle.*
- *Lower your back knee to the floor.*
- *Inhale, lifting arms overhead or resting hands on front thigh, or bring hands or elbows to the floor.*
- *Switch sides after 1 minute.*

Benefits: Opens hips, stretches quads, energizes the body.

Modification: Use blocks under your hands for more support.



The Stretches

SEATED SIDE STRETCH



3. Seated Side Stretch – 2 minutes

- *Sit cross-legged on the floor or in a chair.*
- *Reach one arm overhead, leaning to the opposite side.*
- *Switch sides after 1 minute.*

Benefits: Opens ribs, stretches side body, deepens breath.

Modification: Keep the opposite hand on your thigh for extra stability.



The Stretches

SEATED TWIST



4. Seated Twist - 2 minutes

- Sit tall with legs crossed or in a chair.
- Place your right hand behind you, left hand on your knee.
- Twist gently from your waist.
- Switch sides after 1 minute.

Benefits: Improves spinal rotation, aids digestion, boosts energy.

Modification: Keep the twist small and gentle if you have back issues.



The Stretches

STANDING FORWARD FOLD



5. Standing Forward Fold with Sway - 2 minutes

- *Stand with feet hip-width apart, knees soft.*
- *Hinge at your hips and let your head and arms hang toward the floor.*
- *Gently sway side to side, letting your spine decompress.*

Benefits: Stretches hamstrings, releases the spine, calms the mind.

Modification: Rest hands on a chair or blocks for support.



The Stretches

SUPINE TWIST



6. Supine Spinal Twist - 2 minutes

- Lie on your back with your knees bent and feet flat.
- Cross your right leg all the way over the left
- Drop both legs to the left while keeping shoulders grounded.
- Extend arms out to a "T" and gaze right.
- Hold for 1 minute, then switch sides.

Benefits: Relieves lower back tension, improves spinal mobility, calms the nervous system.

Modification: Place a pillow or block under your knees for extra support if your hips or back feel tight.



The Plan

DAILY STRETCH ROUTINE



To keep things simple and sustainable, your stretches are broken into three touchpoints during the day. Each “mini-session” takes just a few minutes – but the benefits build quickly when you stay consistent.

☀️ **Morning Wake-Up**

Ease into your day with stretches that release stiffness and wake up your spine and joints.

- Seated Side Stretch – Release tension in your neck, back and shoulders.
- Cat-Cow – Mobilize the spine and connect breath with movement.

☀️ **Midday Reset**

Break up sitting time, restore circulation, and re-energize your body.

- Standing Forward Fold – Stretch hamstrings, release low back, and open the shoulders.
- Seated Spinal Twist – Improve digestion and refresh the spine.

🌙 **Evening Unwind**

Melt away tension and prepare your body for deep rest.

- Low Lizard Lunge – Release hips and lower back tightness.
- Supine Spinal Twist – Relax the spine, calm the nervous system, and prepare for sleep.



The Plan

DAILY CHECKLIST



Morning Stretch Midday Stretch Evening Stretch

NOTES

How I Feel

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

How to Use This Guide

TIPS FOR SUCCESS



- **Link It to What You Already Do**

Stretch while your coffee brews, after brushing your teeth, or before bed. Pairing new habits with old ones makes them stick.

- **Set a Gentle Reminder**

Use alarms, sticky notes, or calendar nudges until stretching feels second nature.

- **Create a Cozy Spot**

Keep a mat or blanket rolled out, and props (like a strap or pillow) nearby so it's easy to begin.

- **Less is More**

2 minutes done daily is more powerful than 30 minutes once a week. Consistency wins.

- **Track Your Progress**

Notice the little things – easier to bend over, less stiffness in the morning, deeper breaths. Write them down so you can celebrate progress.

- **Honor Your Body**

Stretching should never hurt. Modify as needed, and let your breath guide you into ease.



Next Steps

EXPAND YOUR WELLNESS BEYOND STRETCHING



Daily stretching is just the beginning. If you're ready to feel stronger, calmer, and more energized, the [5 Day Yoga Lifestyle Reset](#) will guide you through the 5 Pillars of Wellness:

- 🌟 **Mindfulness** - Reduce stress, sharpen focus, and bring more peace into your day with simple meditation + journaling practices.
- 🥗 **Nutrition** - Fuel your body with real, nourishing foods and hydration strategies that boost energy, balance mood, and support long-term health.
- 🙏 **Movement & Yoga** - Build strength, balance, and flexibility with short, beginner-friendly yoga flows that fit into your busy life.
- ☀️ **Active Lifestyle** - Discover fun, life-giving ways to move beyond your mat—like nature walks, hobbies, and adventures that reconnect you with joy.
- 🌙 **Rest & Rejuvenation** - Create sustainable routines for quality sleep, self-care, and relaxation so your body can heal, recharge, and thrive.

Each day you'll focus on one pillar with simple practices, a short yoga class, and journal prompts to anchor your growth.

👉 Your Next Step: Join the [5 Day Yoga Lifestyle Reset](#) and experience how small, consistent choices create powerful transformation.



Thank You for Stretching with Me



I'm so glad you've taken this time for yourself – to slow down, to listen to your body, and to give it the care it deserves. These stretches may be simple, but when you show up for them consistently, they can create powerful change.

I want you to remember this: you don't have to do it all at once. Transformation happens in small, steady steps. Every time you choose to move, to breathe, to create space in your body – you're building a future where you feel stronger, freer, and more alive.

So keep showing up, even on the busy days. Especially on the busy days. Your body will thank you – not just today, but for years to come.

If you're ready to take the next step beyond stretching, join me for the **5 Day Yoga Lifestyle Reset**. Each day we'll add simple yoga, breathwork, and lifestyle practices to help you reduce stress, boost energy, and feel amazing in your body. Click [here](#) to find out more!

With love and light,

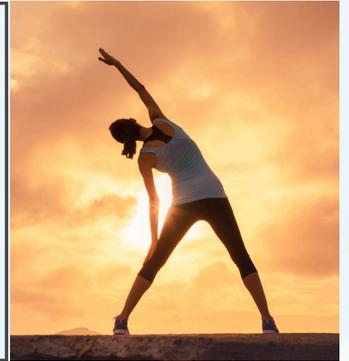
Emily



Resources

5 DAY YOGA LIFESTYLE RESET

IN JUST 5 DAYS, YOU'LL RESET YOUR BODY AND MIND. EACH DAY YOU'LL GET A SIMPLE YOGA LIFESTYLE PRACTICE — GENTLE YOGA, BREATHWORK, WELLNESS,, AND NUTRITION TIPS — ALL DESIGNED TO REDUCE STRESS, BOOST ENERGY, AND HELP YOU FEEL AT HOME IN YOUR BODY. [CLICK HERE TO JOIN.](#)



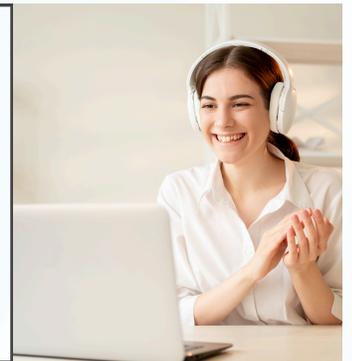
12 WEEK WELLNESS JOURNEY

REDEFINE YOUR FUTURE WITH THIS HOLISTIC LIFESTYLE TRAINING. YOU'LL CREATE NEW WELLNESS HABITS, AND WILL SEE REAL RESULTS AS YOU UP-LEVEL YOUR ENERGY AND LEARN BEST PRACTICES FOR YOUR FITNESS, MINDFULNESS, NUTRITION AND SELF-CARE. [CLICK HERE TO CHECK IT OUT!](#)



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THE STRETCH TIME APP

MAKE STRETCHING A DAILY HABIT WITH A GENTLE REMINDER AND AN EASY-TO-FOLLOW 5-MINUTE VIDEO EACH DAY. YOU'LL ALSO GET ACCESS TO THE *STRETCH TIME SANCTUARY* — OUR PRIVATE COMMUNITY FOR TIPS, TECHNIQUES, AND INSPIRATION TO HELP YOU RELEASE TENSION, IMPROVE FLEXIBILITY, AND STAY MOTIVATED. [CLICK HERE TO JOIN.](#)



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Click [HERE](#) to join my FREE community bZen Yoga | Women Redefining Health & Wellness Over 40, and get access to exclusive workshops and live training events.



Click [HERE](#) to follow me @EmilyWalshRibeiro for daily micro trainings to help you find your Zen in 90 seconds or less.



Click [HERE](#) to follow me @bZenYoga for self-care guidance and resources to help you feel better and live better.

