



# STRETCH HABIT STARTER KIT

Feel better in 3 minutes a day

This simple 7-day guide helps you release tension, build mindful movement into your day, and reconnect with your body — one gentle stretch at a time.

No mat. No sweat. Just small, consistent shifts that lead to big changes.

BY EMILY WALSH RIBEIRO



Welcome to your

# STRETCH HABIT STRARTER KIT



You're here because something inside you is ready to feel better. More open. More grounded. More at ease.

This 7-day guide is your invitation to slow down and reconnect with your body – one simple stretch at a time.

You won't need any special equipment or extra time. Just a few quiet minutes each day to breathe, move, and reset.

Let it be easy. Let it feel good. Let this be the beginning of a habit that supports the way you want to feel – strong, calm, and fully present in your life.

Let's begin.

“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 Walsh Ribeiro is a Yoga Health Coach, author, and movement educator with over 5,000 classes taught and 17,000+ students impacted. Her grounded, heart-centered approach to wellness blends yoga, habit science, and seasonal living – helping women over 40 feel strong, centered, and at home in their bodies.

Emily's personal journey of healing through injury, motherhood, and reinvention fuels her passion for simple, sustainable practices that create real change. She believes movement doesn't have to be long or intense to be powerful – it just has to be consistent.

She lives in Winter Park, Florida with her husband, two teens, and two cats. When she's not on the mat, you'll find her freediving, paddleboarding Florida springs, or riding trails in her Jeep.



DO YOU NEED  
MORE HELP?

SCHEDULE A CALL



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[www.bZenYoga.com](http://www.bZenYoga.com)

# *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



This Stretch Habit Starter Kit is designed to make movement easy and consistent — no pressure, no perfection.

Here's how to get started:

1. Choose a time of day when you're most likely to follow through — morning, mid-day, or before bed.
2. Do one stretch per day, using the tracker to stay on track and notice how your body feels.
3. Reflect briefly using the daily prompt. You can jot down a word, a feeling, or simply take a deep breath.
4. Repeat for 7 days — or keep going! These small stretches can become part of your daily rhythm.

There's no right or wrong way to use this guide. Go at your own pace.

Let it feel light. Let it feel good.

And when you're ready for support, reminders, and fresh stretch routines at your fingertips — check out the Stretch Time App.

Your body will thank you.



# 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!

# Day 1

## NECK & SHOULDERS



### ✨ **Release the Weight You're Carrying**

We tend to hold stress in our neck and shoulders — often without realizing it.

This gentle stretch invites your body to soften, your breath to slow, and your mind to return to the present.

### 💡 **Stretch Suggestion:**

Drop your right ear toward your right shoulder, hold for a few breaths.

Repeat on the left.

Inhale and gently roll your shoulders forward then up

Exhale roll your shoulders backward and down.

Repeat 5 times.

Let your shoulder land back and down, and take one more big breath in and out.

### 💬 **Daily Reflection Prompt:**

How does your body feel right now?

Jot down a word, phrase, or simply notice the shift.

[ ] I stretched today



# Day 2

## RESET YOUR SPINE



### ✨ **Reconnect With Your Center**

When we sit too long or move too little, the spine compresses and our energy gets stuck. This simple stretch helps you lengthen, lift, and reconnect with your core.

### 💡 **Stretch Suggestion:**

Sit tall with your feet flat on the floor.

Inhale, reach your arms up toward the sky.

Exhale, twist gently to the right, bringing one hand to your knee, the other behind you.

Breathe here for 3-5 slow breaths.

Inhale back to center.

Exhale, twist gently to the left.

Return to center and roll your shoulders back and down.

### 💬 **Daily Reflection Prompt:**

Where do you feel movement or tension in your body today?

[ ] I stretched today



# Day 3

## OPEN YOUR HIPA & LOWER BACK



### ✦ Create Space Where You're Holding On

The hips are a storage space for stress, stuck energy, and long-held emotion. This gentle stretch helps you open up and let go.

### 💡 Stretch Suggestion:

Sit upright with your right ankle crossed over your left knee (figure four stretch).

Flex your right foot and gently lean forward, keeping your back straight.

Hold for 5-8 breaths, then switch sides.

Stay soft in your jaw and shoulders as you breathe.

### 💬 Daily Reflection Prompt:

What are you ready to release or soften today?

[ ] I stretched today



# Day 4

## SOOTHE WRISTS & FOREARMS



### ✨ **Support the Parts That Support You**

Our hands and wrists do so much — from typing to carrying to caregiving. This gentle movement helps release tension and increase circulation where it's most needed.

### 💡 **Stretch Suggestion:**

Interlace your fingers loosely in front of you.

Begin making smooth, figure-eight motions with your wrists — like you're gently swirling water. Move slowly in one direction, then switch.

Repeat for 20–30 seconds each way, keeping the shoulders relaxed and the breath steady. Shake out your hands when you're done and notice the difference.

### 💬 **Daily Reflection Prompt:**

What do you need less of in your day?  
What would feel like ease?

[ ] I stretched today



# Day 5

## FULL BODY FLOW



### ✨ Reawaken Your Energy

Sometimes what we need most is simple, rhythmic movement to bring the body and breath back into sync. This gentle twist stimulates circulation, clears stagnant energy, and supports your natural detox pathways.

### 💡 Stretch Suggestion:

Stand tall with your feet about hip-width apart.

Begin gently twisting side to side at the waist, allowing your arms to swing freely.

Let the backs of your hands tap lightly against your lower back or ribs as you twist — this stimulates the kidneys and supports energy flow.

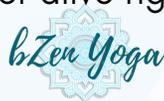
Keep the knees soft and let your breath move naturally.

Continue for 30–60 seconds.

### 💬 Daily Reflection Prompt:

What part of your body feels more awake or alive right now?

✓ [ ] I stretched today



# Day 6

## STANDING RESET



### ✨ **Ground and Rebalance**

Even a few mindful breaths with gentle movement can bring your whole system into a calmer rhythm. This simple standing stretch helps you slow down, reset your posture, and reconnect with yourself.

### 💡 **Stretch Suggestion:**

Stand tall with your feet hip-width apart and your arms relaxed by your sides.

Inhale, slowly sweep your arms overhead.

Exhale, bring your hands to your heart.

Repeat this flow 3-5 times, moving with your breath.

Let your shoulders soften as you exhale. Let your body feel steady and supported.

### 💬 **Daily Reflection Prompt:**

What shifted for you after just a few mindful breaths?

✅ [ ] | stretched today



# Day 7

## YOUR FAVORITE COMBO



### 🌟 Celebrate Your Consistency

You've shown up for yourself all week – with simple, intentional movement. Today, take a moment to notice what's working and what your body is asking for now. There's no right or wrong way to move – just what feels good to you.

### 💡 Stretch Suggestion:

Choose one or two of your favorite stretches from this week. You might start with shoulder rolls or a standing breath sweep. Add a gentle twist, a wrist roll, or a side stretch. Let your body guide the flow. Close with a long, deep breath – in and out.

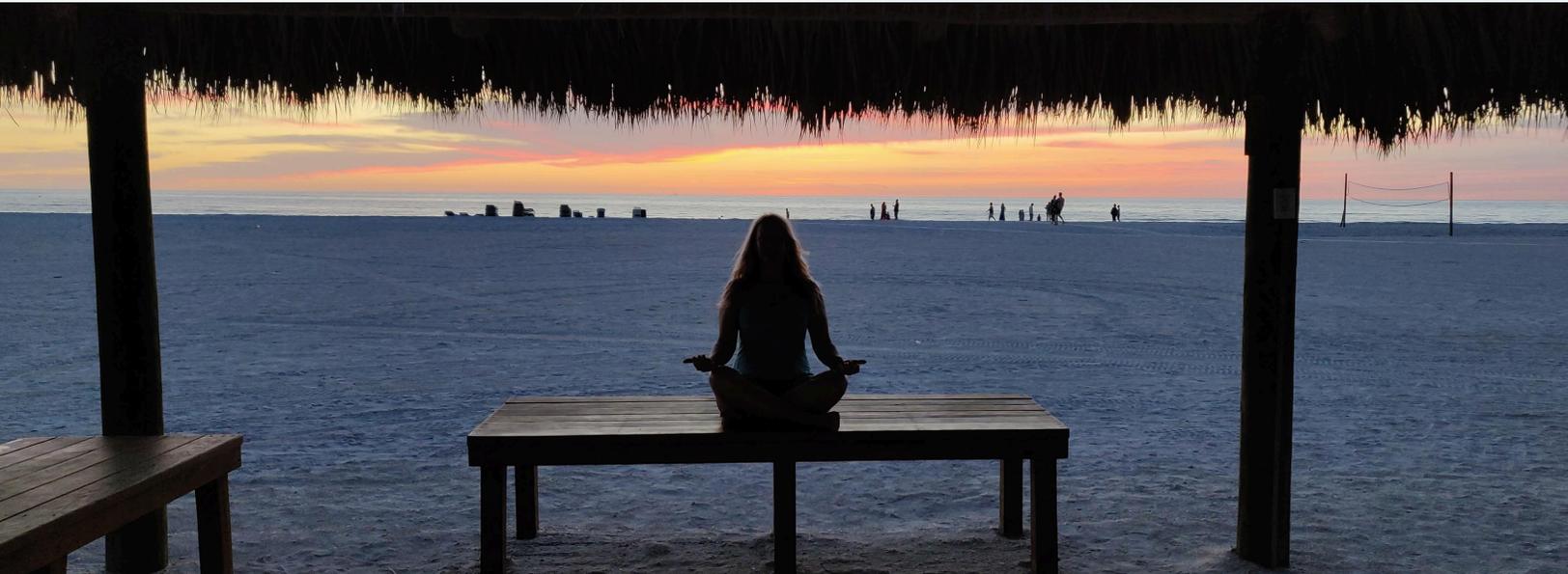
### 💬 Daily Reflection Prompt:

Which stretch did you love the most this week – and how did it make you feel?

✅ [ ] I stretched today



*You did it!*



Seven days of simple, mindful movement — done.

Whether you stretched for 30 seconds or three minutes each day, you showed up for yourself in a powerful way.

Consistency builds confidence.

Small shifts lead to big changes.

And every time you pause to stretch, breathe, and come back to your body... you strengthen your connection to peace, presence, and vitality.

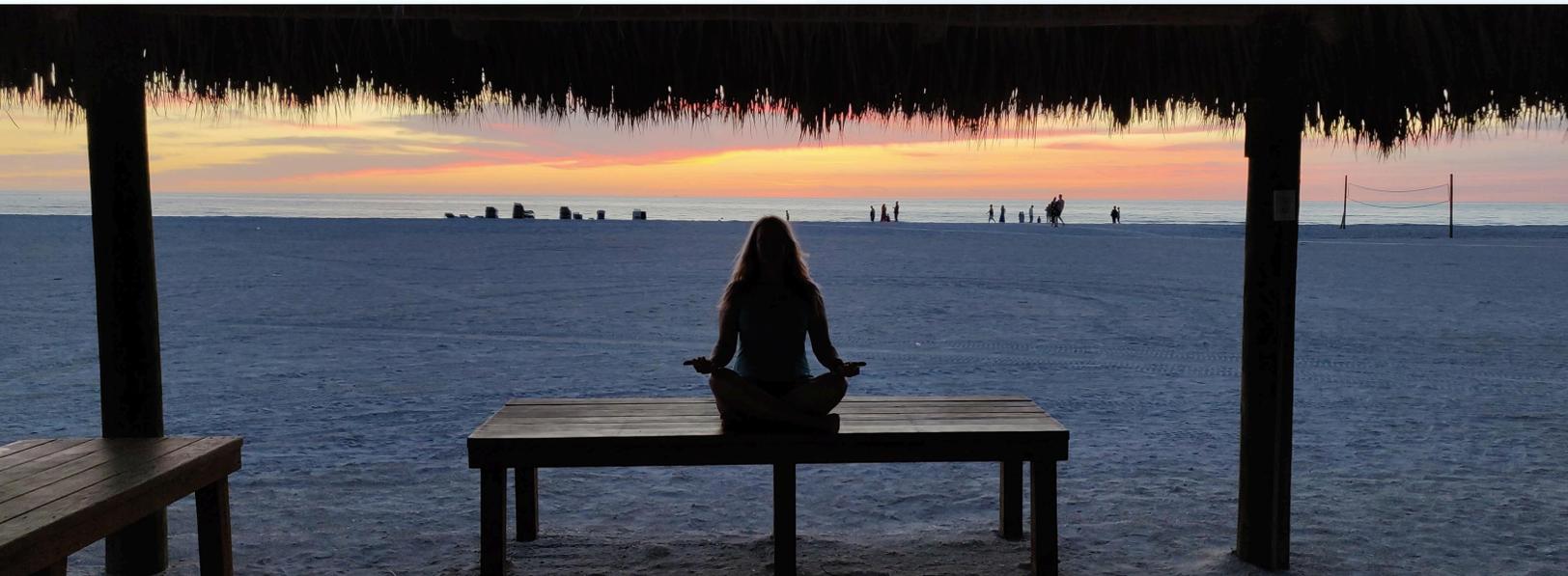
Let this be the beginning of something beautiful.

You don't need to be perfect.

Just present.



# What's Next?



Keep your momentum going with the **Stretch Time App** — your gentle guide to feeling better every day.

Inside the app, you'll find:

- Daily stretch reminders
- Customizable routines
- Simple movements designed for real life

No pressure. No stress. Just tap, stretch, and go.

✨ Download the **Stretch Time App** here.

And if this practice felt supportive to you, you might also enjoy:

- [Vision Planner Ritual Mini Course](#)
- [21-Day Meditation Reboot](#)
- [Gratitude Practice Journal](#)

Your journey is just beginning — and I'm honored to stretch alongside you. 🧡

— Emily



Thank You for Stretching with Me



I'm so glad you've taken this time to slow down, listen to your body, and give it the care it deserves. These movements may be simple, but practiced consistently, they can create powerful change.

Remember: you don't have to do it all at once.

Transformation happens in small, steady steps.

Every time you pause to move, breathe, and create space in your day, you're building a body that feels strong, calm, and fully yours.

✦ Ready to keep the momentum going?

The **Stretch Time App** was made for you.

It delivers simple, effective stretch breaks – with customizable reminders, routines, and daily inspiration to help you feel better all day long.

You don't need more willpower – just a gentle nudge and a few mindful minutes at a time.

👉 [\[Download the app here\]](#)

or scan the QR code below to get started.

Your body will thank you – not just today, but for years to come.

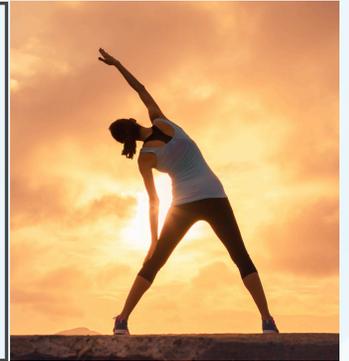
With love and light,

# Resources

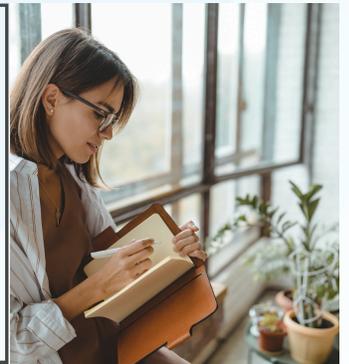
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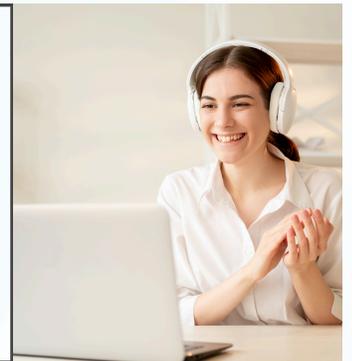
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## THE STRETCH TIME APP

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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