Arrive

mountain Feet hip width and soft knees

mountain Five slow breaths with a tall crown

Side Bends

upward salute Inhale arms overhead

standing side bend (Right) Exhale lean right like a cr...

upward salute Inhale back to center

standing side bend (Left) Exhale lean left

mountain

Chair

upward salute Inhale reach up

chair Sit back into an imaginary chair for 5 breaths

mountain Press through heels to stand

Warriors Twist and Tree

Step the back foot about three feet warrior 1 (Right) Hips square and arms up for 4 breaths

mountain Step forward

Step wide warrior 2 (Right) Knee tracks over second...

mountain Hands on hips and gently turn from the waist to

mountain Back to center

tree (Right) Wall or chair close by for 4 breaths

mountain

Close

mountain Hands at heart for 5 slow breaths