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...

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...

mountain Hands on hips and gently turn from the...

mountain Back to center

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

mountain

Close

mountain Hands at heart for 5 slow breaths