

Opening Moves

Focus on Your Inner Self – through breath

1. Posting the body (opening the ankle, knee, hip).
2. Two legs become one. (rotate the knees)
3. Rotating the waist.
4. Open the sacrum (tail bone).
5. Spine Roll (3 parts: rocking, tuck and roll, spine roll).
6. Opening the wrists, fingers, and arms. (rotate wrists, fan fingers, rotate arms out. Can add “swimming motion.”)
7. Opening the chest and shoulders. (deep breath in, round shoulders; deep breath in, lay shoulders back)
8. Opening the neck.
9. Bouncing.