

Mindful Movements

All movements are begin in a standing position. Spend a few moments of conscious breathing before you start. Move with the breath.

1. Shoulder- level Arm Lift: Begin with your feet slightly apart, arms at your sides. Breathing in, slowly lift your arms in front of you to shoulder level. Breathing out, lower your arms down to your sides. Repeat three more times.

2. Overhead Arm Lift: Begin with your feet slightly apart, arms at your sides. Breathing in, slowly lift your arms in front of you and extend overhead. Breathing out, lower your arms down to your sides. Repeat three more times.

3. Blooming Flower Arms: Lift your arms out to the side, palms up, until your arms are shoulder level and parallel to the ground. Breathing in, touch your shoulders with your fingertips, keeping you upper arms horizontal. Breathing out, open your arms to the horizontal position, stretching the palms open. Repeat three more times.

4. Full Arm Circles: Extend your arms in front of you and join your palms. Breathing in, raise your arms up and separate your hands so your arms can stretch over your head. Breathing out, continue the circle, arms circling back until your fingers point toward the ground. Breathing in, lift your arms back and reverse the circle. Breathe out as you bring your palms together and your arms down in front of you. Repeat three more times.

5. Upper Body Circles: Place your hands on your waist. Breathing in, bend forward at the waist and begin to make a circle with your upper body. When you are halfway through the circle, your upper body leaning back, breathe out and complete the circle, ending with your head in front of you at waist level. On your next in-breath, begin a circle in the opposite direction. On your out-breath, complete the circle. Repeat the series of movements three more times.

6. Knee Bends: Begin with your hands on your waist, heels together, feet turned out to form a V. Breathing in, rise up on your toes. Breathing out, stay on your toes, keep your back straight, and bend your knees. Keep your upper body centered, go down as low as you can, maintaining your balance. Breathing in, straighten your knees and come all the way up, still standing on your toes. From this position, repeat the movement three more times, remembering to breathe slowly and deeply.

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7. Touch the Sky- Touch the Earth: With feet hip-width apart, breathing in, bring your arms up above your head, palms forward. Look up at the sky. breathing out, bend at the waist as you bring your arms down to touch the earth. Release your neck. From this position, breathe in, and keep your back straight as you come all the way back up to touch the sky. Touch the earth and sky three more times.

8. Leg lift and Extend: Start with your feet together and your hands on your waist. Begin by putting your weight on your left foot. Breathing in, lift your right thigh as you bend your knee and keep your toes pointed toward the ground. Breathing out, stretch your right leg out in front of you, keeping your toes pointed. Breathing in, bend your knee and bring your foot back toward your body. Breathing out, put your right foot back on the ground. Next put all your weight on the right foot and do the movement with the other leg. Repeat the series of movements three more times.

9. Straight - Leg Circles: Begin with your feet together and your hands on your waist. Put your weight on your left foot and, breathing in, lift your right leg straight out in front of you and circle it to the side. Breathing out, circle it to the back and bring it down behind you. Allow your toes to touch the ground. Breathing in, lift your leg up behind you and circle it around to the side. Breathing out, continue the circle to the front, the lower your leg and put your foot on the ground allowing your weight to again be on both feet. Repeat these movements with the other leg. Repeat the series three more times.

10. Triangle Legs with Arm Lift: Begin standing with feet together. Form a triangle with your legs by keeping your left foot where it is, moving your right foot out so your feet are wider than shoulder-width apart, and turn your right foot out 90 degrees. Keep your weight on both feet, your body will naturally turn slightly toward the right foot to find a comfortable position angled between your two feet. Put your left hand on your waist and your right arm at your side. Breathing in, bend your right knee, bringing your weight over your right foot as you lift your right arm with the palm of your hand facing outward in front of you, and stretch it to the sky! Breathe out, straighten your knee and bring your right arm back to your side. Repeat the movement three more times. Switch legs, putting your right hand on your waist and repeat the same movements on the left four times. Bring your feet together. Breathe and smile.