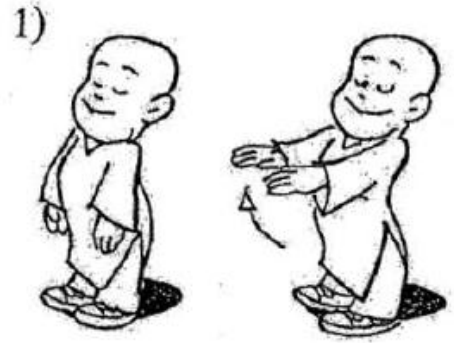


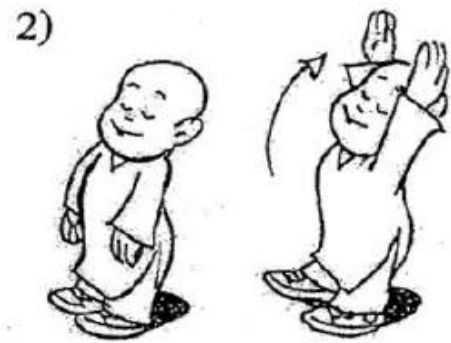
**#1 : Arms Up To Shoulder Height**

- Breathing in, raise your arms straight out in front of you to shoulder height.
- Breathing out slowly, lower your arms to your sides.
- Pause for an in-breath, out-breath cycle.
- Repeat three times.
- Return to your standing rest pose and take four deep breaths.



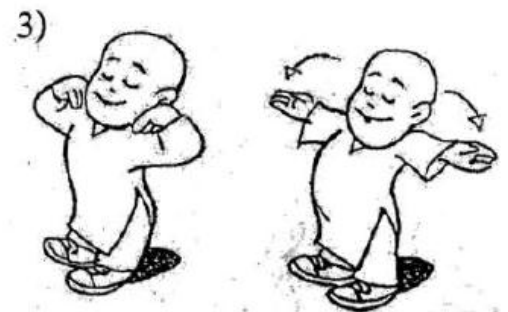
**#2: Reaching Up**

- Breathing in, reach your arms to the sky.
- Breathing out slowly, lower your arms to your sides.
- Pause for an in-breath, out-breath cycle.
- Repeat three times.
- Return to your standing rest pose and take four deep breaths.



**#3: Unfolding Arms Sideways**

- Start with your fingers touching your shoulders and your elbows pointed out sideways.
- Breathing in, open your arms out sideways and level.
- Breathing out slowly, fold your arms in and touch your shoulders again.
- Pause for an inbreath, out-breath cycle.
- Repeat three times.
- Return to your standing rest pose and take four deep breaths.



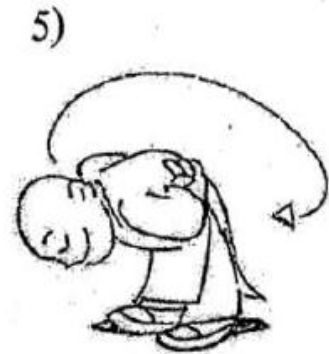
**#4: Circling Arms**

- Join your palms in front of you, pointing down and out.
- Breathing in, raise your arms up above your head.
- Breathing out slowly, circle your arms behind you and then bring your hands back together in front of you.
- Reverse direction and then pause for an in-breath, out-breath cycle.
- Repeat three times.
- Return to your standing rest pose and take four deep breaths.



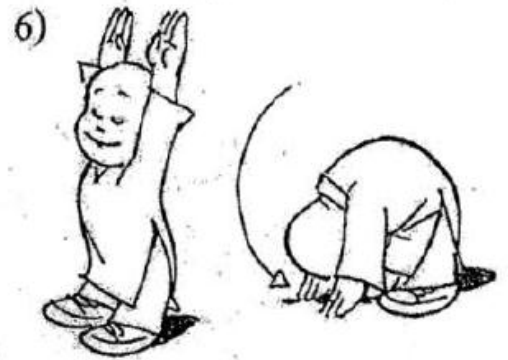
**#5: Circling Upper Body**

- Put your hands on your waist with your elbows pointed sideways.
- Bend forward. Keep hips as still as possible.
- Breathing in, circle upper body to the left and back;
- Breathing out slowly, complete the circle to front.
- Reverse direction.
- Then pause for an in-breath, out-breath cycle.
- Repeat three times.
- Return to your standing rest pose and take four deep breaths.



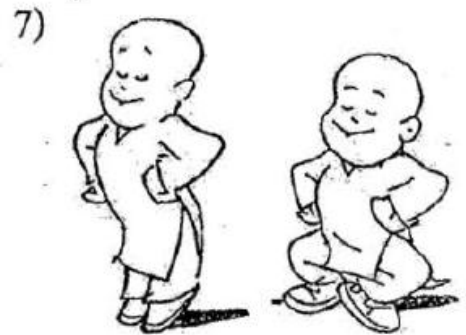
**#6: Reaching Up & Reaching Down**

- Start by bending over and touching the ground.
- Breathing in, reach your arms up to towards the sky.
- Breathing out slowly, reach down to touch the earth.
- Pause for an inbreath, out-breath cycle.
- Repeat three times.
- Return to your standing rest pose and take four deep breaths.



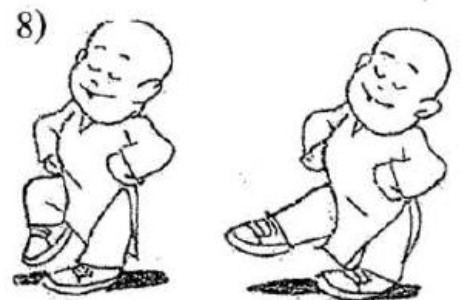
**#7: Deep Knee Bends**

- Start with your hands on your waist, your heels together and your feet in a V.
- Breathing in, rise up on your toes.
- Staying on toes and keeping back straight, breathe out slowly, bend knees and go as low as comfortable.
- Pause after each deep knee bend for an in-breath, out-breath cycle.
- Repeat three times.
- Return to your standing rest pose and take four deep breaths.



**#8: Pointing Foot**

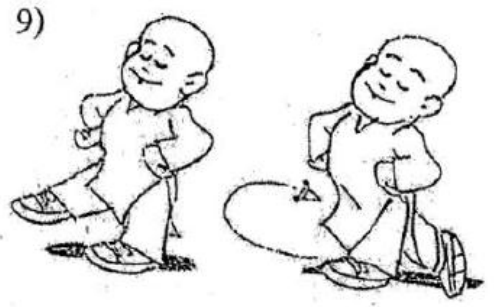
- Hands on waist.
- Breathing in, lift your left foot straight up with toes pointed down.
- Breathing out slowly, point foot out straight in front of you.
- Breathing in, draw foot up and in.
- Breathing out slowly, lower foot to ground.



- Pause for an inbreath, out-breath cycle. Repeat with right foot.
- Pause for an in-breath, out-breath cycle.
- Repeat three times.
- Return to your standing rest pose and take four deep breaths.

### #9: Circling Foot

- Hands on waist.
- Breathing in, lift your left foot, point it straight out in front, begin circle around your body to the left.
- Breathe out as you bring your foot around behind your body.
- Reverse.
- Pause for an in-breath, out-breath cycle.
- Repeat with your right foot.
- Repeat three times.
- Return to your standing rest pose and take four deep breaths.



### #10: Side Stretches

- Turn left foot out at 90 degrees. Right hand on right waist. Left hand on front of right hip.
- Breathing in, stretch left hand out and up to your left. Follow your hand with your gaze.
- Breathing out slowly, sweep left hand back to right hip.
- Pause for an in-breath, out-breath cycle.
- Repeat three more times.
- Return to your standing rest pose and take four deep breaths.
- Then switch to right and repeat.

