

Age Less Move More

Open to enjoy Movement Sheet



Lunge with Leg Up the Wall Pose

Find a bit of wall space or the front of your couch or chair. Fold up a blanket or towel and place it right to the edge of your flat surface. Come to all fours in front of the flat surface and step your right knee back into the flat surface with your knee resting on the blanket and your foot resting into the wall.

Exhale and step your left leg forward if you can. (If you can't just slide your left knee forward as far as you can). If you can step your left foot forward as far as you can as

you exhale and drop your tail down and forward. Find your edge and on each exhalation drop your tail down and forward.

If you want to go further on an exhalation take your left elbow onto your left knee keeping your ribs in and down. Inhale and lift your right arm up, exhale circle it back — do this several times and then hold bringing your right elbow behind your ear and opening the front of your chest.

When ready come down — drop your right arm, back up your bottom and slid your left leg back and your right leg off the wall. If you can sit back on your heels for a moment to rest and then switch sides.

Come to all fours in front of the flat surface and step your left knee back into the flat surface with your knee resting on the blanket and your foot resting into the wall.

Exhale and step your right leg forward if you can. (If you can't just slide your right knee forward as far as you can). If you can step your right foot forward as far as you can as you exhale and drop your tail down and forward. Find your edge and on each exhalation drop your tail down and forward.

If you want to go further on an exhalation take your right elbow onto your right knee keeping your ribs in and down. Inhale and lift your left arm up, exhale circle it back — do this several times and then hold bringing your left elbow behind your ear and opening the front of your chest.

When ready come down — drop your left arm, back up your bottom and slide your right leg back and your left leg off the wall. If you can sit back on your heels for a moment to rest.

This pose will release a massive amount of fear and open your heart at the same time enabling you to enjoy your body.



Camel Pose

From kneeling with your toes under, heels up. Drop your tail down, snap your ribs in and down, roll your inner arms out and find your breath. With each exhalation drop your tail down, with each inhalation open your heart. Keep breathing in this way and see if your fingertips can find your heels. If so hold onto your heels and keep breathing, dropping your tail on each exhalation and opening your heart on each inhalation.

If you can't reach your heels just allow your body to sway with the movement of your breath or do this pose with your feet right next to the edge of a chair and instead of reaching for your heels — reach for the seat of your chair dropping your tail on each exhalation and opening your heart on each inhalation.

When tired come out and rest in a child's pose over your legs. This pose releases fear and opens your heart to enjoy the waves of your breath moving in and out of your body.



Dancer Pose

From standing with your feet inner hip-width apart, press into the outer edges of your heels, bring your tail down, snap your ribs in and down and roll your inner arms out.

Exhale and step into your right foot bringing your left knee toward your chest. Grab hold of your left shin and walk your left hand down your shin to your left foot. Keep your ribs in and down and your tail long and on an exhalation press your left foot into your left hand while you reach forward with your right hand. Look over your right fingers and hold and breathe.

When ready release your left foot and come back to standing with your feet inner hip-width apart, press into the outer edges of your heels, bring your tail down, snap your ribs in and down and roll your inner arms out.

Exhale and step into your left foot bringing your right knee toward your chest. Grab hold of your right shin and walk your hand down your shin to your right foot. Keep your ribs in and down and your tail long and on an exhalation press your right foot into your right hand while you reach forward with your left hand. Look over your left fingers and hold and breathe.

When ready come back to standing. Dancer pose represents the dance of life. With everything that is destroyed something new is created.