

Age Less Move More

Open Feet Movement Sheet



Supported Warrior Three Pose

Take a chair and stand in front of the seat of the chair. Bring your feet inner hip width apart, press into the outer edges of your heels, lift and spread your toes and set them to the earth without gripping. Take your tail down, ribs in and down and roll your inner arms out. Your head and neck should be loose and free.

Bend forward and place your hands on the seat of the chair. Push the chair away from you until you are at a right angle.

Exhale and slide your left foot back until it comes off the floor. Watch your right foot — keep the outer edge of your heels planted and your toes spread wide and lift them if they try to grip the earth. Exhale and take your left leg up and back even with your pelvic bowl.

Push through the outer edges of both feet and watch your standing foot as you come into balance — don't toe grip or collapse your inner arches. Hold and breathe.

When ready step your left foot down and switch sides.

Exhale and slide your right foot back until it comes off the floor. Watch your left foot — keep the outer edge of your heels planted and your toes spread wide and lift them if they try to grip the earth. Exhale and take your right leg up and back even with your pelvic bowl.

Push through the outer edges of both feet and watch your standing foot as you come into balance — don't toe grip or collapse your inner arches. Hold and breathe.

This pose helps you set the foundation of your feet to honor your ancestors and find your balance.



Balanced Foot on the Chair Pose

Take a chair and stand in front of the seat of the chair. Bring your feet inner hip width apart, press into the outer edges of your heels, lift and spread your toes and set them to the earth without gripping. Take your tail down, ribs in and down and roll your inner arms out. Your head and neck should be loose and free.

Exhale take your right heel up onto the seat of the chair. Press through the outer edge of both heels and keep both sets of toes lifting and spreading. Hold and breathe.

When ready walk your hands down your right leg to the seat of the chair and drop your belly to your thigh and your chest toward your knee. Hold and breathe keeping your left outer edge of your heel pressed and your toes spread wide apart and off the earth.

When ready come down and bring your feet inner hip width apart, press into the outer edges of your heels, lift and spread your toes and set them to the earth without gripping. Take your tail down, ribs in and down and roll your inner arms out. Your head and neck should be loose and free.

Switch sides by exhaling and taking your left heel up onto the seat of the chair. Press through the outer edge of both heels and keep both sets of toes lifting and spreading. Hold and breathe.

When ready walk your hands down your left leg to the seat of the chair and drop your belly to your thigh and your chest toward your knee. Hold and breathe keeping your right outer edge of your heel pressed and your toes spread wide apart and off the earth.

When ready come down and bring your feet inner hip width apart, press into the outer edges of your heels, lift and spread your toes and set them to the earth without gripping. Take your tail down, ribs in and down and roll your inner arms out. Your head and neck should be loose and free.

Stand and feel the opening, strength and balance in your feet.