

Age {Less} Move More

Ho'oponopono Movement Sheet



Triangle Pose

Stand with your feet inner hip width apart, drop your tail, drop your ribs in and down, roll your inner arms out and squeeze your shoulder blades together.

Step your right foot back about 3 feet pick up your back heel and open your right hip to the right.

Push through both heels as you inhale and lift your right arm up toward the ceiling. Exhale, circle your arm back

behind you and inhale it back up — keep going making several more circles.

When ready fall forward over your left leg with your left hand resting on your thigh. Slowly, come down as far as you can taking your navel toward the ceiling. Keep your right arm lifting toward the ceiling and turn your head and neck side to side. Breathe in and out as you say, *Thank you*.

Come out like someone is pulling you up through your back arm and de-rotate back to standing.

Stand with your feet inner hip width apart, drop your tail, drop your ribs in and down, roll your inner arms out and squeeze your shoulder blades together.

Step your left foot back about 3 feet pick up your back heel and open your left hip to the left.

Push through both heels as you inhale and lift your left arm up toward the ceiling. Exhale, circle your arm back behind you and inhale it back up — keep going making several more circles.

When ready fall forward over your right leg with your left hand resting on your thigh. Slowly, come down as far as you can taking your navel toward the ceiling. Keep your left arm lifting toward the ceiling and turn your head and neck side to side. Breathe in and out as you say, *Thank you*.

Come out like someone is pulling you up through your back arm and de-rotate back to standing and feel the appreciation you have for yourself.



Standing Side Angle Pose

Stand with your feet inner hip width apart, drop your tail, drop your ribs in and down, roll your inner arms out and squeeze your shoulder blades together.

Step your right foot back about 3 feet pick up your back heel and open your right hip to the right.

Push through both heels as you inhale and lift your right arm up toward the ceiling. Exhale, circle your arm back behind you and inhale it back up — keep going making

several more circles.

When ready bend your left knee and fall forward over your left leg with your left hand or elbow resting on your thigh. Slowly, come down as far as you can taking your navel toward the ceiling. Keep your right arm lifting toward the ceiling and slowly bring your arm overhead with your elbow behind your ear. Turn your head and neck side to side. Breathe in and out as you say, *Thank you*.

Come out like someone is pulling you up through your back arm and de-rotate back to standing.

Stand with your feet inner hip width apart, drop your tail, drop your ribs in and down, roll your inner arms out and squeeze your shoulder blades together.

Step your left foot back about 3 feet pick up your back heel and open your left hip to the left.

Push through both heels as you inhale and lift your left arm up toward the ceiling. Exhale, circle your arm back behind you and inhale it back up — keep going making several more circles.

When ready bend your right knee and fall forward over your right leg with your left hand or elbow resting on your thigh. Slowly, come down as far as you can taking your navel toward the ceiling. Keep your left arm lifting toward the ceiling and slowly bring your arm overhead with your elbow being your ear. Turn your head and neck side to side. Breathe in and out as you say, *Thank you*.

Come out like someone is pulling you up through your back arm and de-rotate back to standing and feel the appreciation you have for yourself.