

Age {Less} Move More

Open Heart Movement Sheet



Front of Heart Opener

Lie on your left side stretching your left arm behind you with your palm facing down. Straighten your left leg and your right leg bent.

Take your right hand on the floor and gently push your body toward the floor behind you.

Hold and breathe.

Switch side and lie on your right side stretching your right arm behind you with your palm facing down. Straighten your right leg and your left leg bent.

Take your left hand on the floor and gently push your body toward the floor behind you.

Hold and breathe.



Wave of The Breath At the Wall

Stand in front of a wall 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.

Exhale, bend your knees and drop your tail down and forward. Inhale up as if someone is pulling you from your sternum (front of chest). Keep going until you are ready to take your arms overhead and reach for the wall behind you.

Exhale, bend your knees and drop your tail down and forward as you walk your hands down the wall. Inhale open your heart. Keep going. Keep your ribs in and down and your chin tucked. Hold and breathe.

Walk your hands back up the wall, push through your heels and come back to standing. Stand with your heart open and allow your love and grief to flow.