

Age Less Move More

Light Heart Movement Sheet



Standing pectoral opener

Take a strap or a belt in your hands. Stand with your feet inner hip-width apart, tail down, ribs in and down, roll your inner arms out, keep your head and neck loose and free.

Walk your hands out on the strap. Roll your inner arms out, squeeze your scapula together and keep your shoulder blades in and down. Exhale bring your arms overhead with your elbows straight. If you can bring your arms and hands all the way to your bottom. Inhale, do nothing. Exhale bring your arms back overhead — keeping your elbows straight.

If your elbows bend bring your hands further out on the strap until you can keep your elbows straight as you go back and forth overhead. If you can't keep your elbows straight only go as far as you can keeping your elbows straight.

Keep going back and forth until you grow tired.

Come out and rest. Feel the lightness in your heart.