

# Age Less Move More

## Take Care of YOU first Movement Sheet



### **Eagle Pose with a Noodle in Your Heart**

Lie over your Noodle Ball in the space of your heart. Take your right arm into a right angle in front of your chest. Wrap your left arm around your right. Press the elbows toward the sky. Take your hands away from your face. Make "O"s with your elbows all one direction coming to lie on your side, "O" back to center and all the other directions coming to lie on that side.

Keep going. You can move the Noodle Ball up or down. Stay on the places of tension and allow them to release.

Release these knots of tension to find the deep love you have for yourself.



### **Chadaranga at the Wall**

Stand facing a wall with your hands on the wall even with your shoulder joints. Walk away until your arms are straight, make sure your inner arms are rolling out and take two more steps back with your feet. Move your shoulder blades up and down.

On an exhale, draw your elbows toward one another in the front of your body and lower your heart down until your elbows catch you in the space of your ribs. Hold and breathe in self-love while you move your shoulder blades and arms in and out.