

# Age {Less} Move More

## Turtle Pose Movement Sheet



### **Turtle Pose**

From sitting, walk your legs outer hip-width apart. Keep your tail down and ribs in as you drop forward and down to your elbows. Slowly, crawl your hands and arms under your legs. Go as far as you can and slowly begin to straighten your legs as far as you can.

Roll your inner arms out with the palms facing up. If you can bring your forehead to floor. Hold and breathe.

Come on out and feel the stillness from within.