

Age Less Move More

Shiny Star Movement Sheet

Standing Star Pose



Come to stand with your feet about 3-feet apart. Push into the outer edges of your heels, drop your tail down, snap your ribs in toward your body and down toward your pelvis and roll your inner arms out.

Inhale your arms up at an angle to stand like a star. Breathe in and out of your belly and feel your energy moving from the center of yourself, down and out of your feet and toes and up and out of your head and finger tips. Visualize yourself as a star beaming light into the world.

When ready, bend from the side to your right and rest your right hand on your right leg. Turn your belly toward the sky and beam your light out of your left fingertips. Hold for several breaths and exhale back to center. Hold your star for several breaths and then bend to your left resting your left hand on your left leg. Turn your belly to the sky and beam your light out of your right fingertips. Hold for several breaths and come back to center. Hold your star pose remembering you came here to shine.