

Age Less Move More

Balance the Feminine & Masculine Movement Sheet



Simple Lying Twist

Lie on the floor on your right side. Stack your knees together. Bring them up toward your arm pit and squeeze your knees together.

Bring your left arm on top of your right even with your shoulders.

Find your breath and on an exhalation bring your left arm in a half circle overhead. Without losing the squeeze of the knees.

Turn only from the navel on up. Inhale back. Go back and forth with the breath until you are ready to hold the left arm open. Breathe. Move your head back and forth.

Switch Sides.

Opens and strengthens your belly, chest and upper back.



Lying Half-Moon

Lie on your back. Knees to chest. Hands under knees. Exhale and extend your heels to the sky. Inhale bend, exhale extend and hold the extension when ready.

Move your hands up the back of your left leg. Extend your right leg along the earth. Push through both heels. Bring your left leg over

to the right.

Hold your legs strong and bring your left arm in a half circle overhead on an exhalation. Turning only from your navel. Inhale back. Go back and forth until you're ready to hold your left arm open. Allow your head to rock back and forth. Hold and breathe.

Switch Sides.

Opens and strengthens your belly, chest and upper back.



Down Dog With A Twist

From all fours, roll your inner arms out, squeeze your scapula together. Bring your ribs in toward your body and down toward your pelvic bowl.

Take weight onto your right foot. On an exhale, turn from your navel and allow your left hip to extend toward the sky.

Extend through your left foot.

Allow your head to hang and hold and breathe.

Switch sides when ready.

Opens your belly.



Half-Moon

From standing, fall into a forward bend. With both hands to the floor or on a block, bench or some height.

Stand into your right leg. On an exhale allow your left leg to slide back until it comes off the earth. Inhale, pause.

Exhale, turn from your navel and allow your hip to lift, your leg to come off the earth. If you can open your chest and extend your right arm toward the sky. You can move your head and neck back and forth to keep it free. Hold as long as you can.

Switch sides.

If you have balance issues you can do this against a wall.