

Age Less Move More

Warrior Movement Sheet

Warrior I Pose



From standing, with your feet inner hip width apart, push into the outer edges of your heels, drop your tail, take your ribs in and down toward your pelvis. roll your inner arms out and squeeze your scapula together. Take Warrior I by stepping the right foot back until the heel becomes light. The feet stay inner hip width apart. Press the outer edge of the heel into the floor, keeping the feet parallel. Bend the front knee over your

ankle. Drop the tail and sacrum toward the floor.

Exhale both arms overhead, bending the elbows as if you're being held up. Inhale, squeeze your scapula together opening the heart. Exhale, drop the tail, inhale, open the heart and keep going.

You just opened your heart to accept all the challenges flowing your way.

Now, flow into Warrior II.

Warrior II Pose



From Warrior I, pick up your back heel and turn your hips open to the right. Press the outer edge of the heels into the floor as you bend the front knee aligning with the

ankle. Keep your tail and sacrum long.

Inhale the arms up, even with the shoulders. Roll the inner arms out, bring the palms down, squeeze the scapula together. Gaze over the left fingers. Breathe, allowing the body to flow on the waves of the breath. You just found your focus. Look at your challenge and say, *Bring it on!*

Now, flow into Warrior III!

Warrior III Pose



From Warrior II, drop forward over your front foot and take your hands to the floor. To come into Warrior III take the right foot back slightly. On an exhale, lift the back

leg and the arms at the same time. Bring the arms even with your ears, your head stays down, look at the floor. The balancing foot has soft toes and the outer edge of the heel stays pressed. Breathe and hold until you've reached your edge. You've come into balance. Don't let any challenge knock you off balance!

Step back into warrior II. Flow into Warrior I, II and III. Repeat as many times as you want.

Switch sides when ready.

The warriors teach you to open your heart, focus and find balance.