

# Age Less Move More

## Find Balance Movement Sheet

### Warrior III with a Chair



Take a chair and stand in front of it where you can reach a leg back and not hit anything behind you. And at the same time your hands can rest forward on the chair.

Make sure your feet are inner hip-width apart, press into the outer edges of your heels, with your tail down, ribs in and down and roll your inner arms out.

Stand into your left foot and on an exhale, swing your right leg straight back as you reach your arms forward and rest your hands on the chair. Hold and breathe.

When ready, come out and switch sides.

Feel the power and grace in finding your balance.