

Age Less Move More

Balanced Power Movement Sheet

Clock Pose



Lie on your right side and bring your knees up and into your right armpit (as best you can) and squeeze your knees together to protect your lower back, which does not and should not twist. Stack your arms, one on top of another, straight in front of your shoulders like a clock at 3:15. On an exhale, bring your top arm overhead, keeping your fingertips on the floor. Inhale, back. Go back and forth until you're ready to hold the arm overhead.

Breathe, allowing your knees to stay squeezed. Turn the navel, chest, shoulder, arm, neck and head. Hold and breathe. When ready to come out, lie back on your right side.

When you're ready, lie flat on your back and switch sides.

You are balancing out your feminine and masculine energies.

Lying Half-Moon Pose



Lie on your back and bring your knees into your chest. Place your hands at the back of your thighs and on an exhalation extend your heels toward the sky. Inhale bend, exhale extend. Bend and extend until you are ready to hold your feet toward the sky. Take your toes down as you extend through your heels. Hold and breathe.

When ready place your hands at the back of your right leg. Exhale and drop your left leg out along the ground. Walk your hands up your right leg as far as they can go. Hold your right big toe or outer edge of your right leg with your left hand. Exhale bring your straight strong right leg over to the left resting your foot on the ground. Allow your arms to stack one on top of the other even with your shoulders. Hold and breathe.

Push through your heels and on an exhale bring your right arm in a half circle over head until your right arm is even with your right shoulder. Look over your right fingers. Hold and breathe.

When ready to come out keep your legs straight and strong and bring your right leg back up with the heel pressing toward the sky. Bend your right leg, bend your left leg and rest on your back. Switch sides.

Feel the power of your feminine and masculine energy circling in your belly.

Half-Moon Pose



From standing about 6" from the wall with your feet inner hip-width apart, tail down, ribs in and down and rolling your inner arms out, slowly fall into a forward bend. Wiggle out your shoulders and arms.

Place your left hand in front of your left foot or on a block. Exhale, slowly move your right leg back, inhale do nothing and exhale turn your navel toward the sky. Allow your back leg to lift as you exhale your right arm up. Lean into the wall and hold and breathe allowing your head to look up and down, whatever is comfortable.

When ready come down and switch sides.

You are balancing out the feminine and masculine energies.