

# Age Less Move More

## Open Your Heart Movement Sheet

### *Standing Wave of the Breath*



From standing with your feet inner hip width apart, tail down, ribs in, roll your inner arms out, squeeze your scapula together and allow your head and neck to be loose and free. Find your deep belly breaths and on an exhalation slightly bend your knees, drop your tail and on an inhale open your heart and come back to standing. Keep going allowing the entire body to freely flow on the waves on your breath.

When ready on an inhalation bring your arms up while keeping your scapula squeezed together and on each exhale as you bend your knees and drop your tail see if your hands can reach back a bit. If you'd like to do this at a wall — you can walk your hands down the wall on each exhalation without taking your ribs up or creating wrinkles in your neck.

When ready drop your arms, stand and feel the energy of love flowing in your body.