

Age Less Move More

Be Uplifted Movement Sheet



Pigeon - Place a strap around your left foot and come to all fours with your inner arms rolled out, shoulder blades squeezed together and your ribs lifting, take your right heel to the outer edge of your left knee. Slide your left leg back. Keep the strap along the left side of your body. Pull your ribs in to keep out of your low back. Stay up on your hands and exhale drop your tail, inhale open your heart. Keep breathing and on an exhale, slowly bend your back knee. Bring the strap over your left shoulder and reel in your left foot as close as it can go to your left butt cheek. Hold and breathe.

If you want to go deeper, grab the strap with both hands and bring your arms overhead, walking your hands down the strap toward your foot. Hold and breathe until you've had enough. When ready release your hands, drop your left foot, come down to your elbows and rest.

Switch sides.

You will feel the energy in your body swirling up. You'll be uplifted.