

Age Less Move More

Mediation Made Easy Movement Sheet

Dying Warrior Pose



From Down Dog, Inhale, your right knee toward your chest, exhale and take your right foot to the left. Keeping both legs straight and strong, slide the back foot back until you are sitting on your right hip.

Staying up on your hands, exhale and turn to look over your right shoulder. Move with the breath and when ready, inh your left arm up and thread it through the right arm, setting your left shoulder to the floor.

Hold and breathe. To come out, keep the legs straight and strong and roll onto your back. Rest before switching sides.

Feel the freedom from stress!

