

# Age Less Move More

## Take Your Guard Down Movement Sheet



**Half-Moon Pose** - Stand with your right leg about 6" from a wall. Make sure your feet are inner hip-width apart and your press into the outer edges of your heels. Fall forward and hang. Take your right hand in front of your right foot (use a block if needed). Exhale turn your navel toward the sky with your left leg hanging. Allow your left arm to reach for the sky as you turn your chest. Rest your hips, back, shoulders and head to the wall.

Take your left arm overhead keeping your arm on the wall. Hold and breathe feeling the left side of your body opening.

When ready come down and switch sides.