

# Age {Less} Move More

## Heart Opening Grief Movement Sheet



### Heart Opening Strap Pose —

Hold a strap and from standing with your feet inner hip-width apart, press into the outer edges of your heels, bring your tail down, snap your ribs in and down and roll your inner arms out.

Keep your inner arms rolled out and on an exhale take your arms overhead and back behind you. Keep your arms straight. Pause to inhale, and exhale bring your arms back overhead and in front of you.

If you aren't challenged take your hands closer together. If you are bending your arms take your arms closer together.

Keep going and do about 10 or more.