

Age Less Move More

Energy Boost Movement Sheet

Dancer Pose



In standing come on to your left foot, draw your right knee in toward your chest to lengthen your low back. Walk your right hand down your right shin and hang on to your right foot. Line your knees up and press your back foot into your right hand. Reach your left hand forward and gaze over your left fingers. Hold and breathe.

When ready, come back to standing and switch sides.

Dancer pose gives you back the energy to enjoy life!