

Midline

Raise/Release



Volcano (extension)

Stand, feet aligned with shoulders, begin to shake the feet and legs; gradually the whole body. Inhale arms overhead. Exhale, squat & stretch arms out to sides and down; exhale with "HA."

Lower/Calm



Balloon Breath (flexion)

Sit with a tall spine. Lift your arms out to the sides and overhead as you breathe in. As you breathe out bring your palms together and lower your arms down the center line of your body. 3-5 times.

Invert



Chopper (invigorating)

Stand, feet wide apart. Inhale, stretch arms overhead & clasp hands. Bend knees. Exhale forcefully and fold forward at the hips like chopping wood. Inhale upright and continue for 30-60 seconds.



Down Dog (calming)

Place hands in front of shoulders on floor or wall. Breathe in and straighten arms. Exhale and bend knees. Walk feet back, bending at the hips; hips remain over ankles, knees bent, lengthen your spine. Breathe deeply for 5 breaths.

Cross Body



Windmills (expansion)

Stand or sit, feet wide apart. Stretch arms out to sides. Inhale and bring one hand to opposite foot, folding forward at the hips. Alternate one side then the other.



Turtle Shell (contraction)

Sit on your knees (or in a chair, feet firmly on the ground). Fold the torso forward over the legs. Tuck in legs, and chin, cross arms or tuck arms along sides. Support the forehead to relax neck. Take 5 deep breaths.