Sitting hands on knees-back straight-close eyes

Balloon breaths sitted breathe in through nose out through nose

Sitted breathing out through nose and in through mose

Shoulder shrugs inhale up-hold it-exhale down

Sitted extend legs-bouncing

- Bounce feet
- Bounce knees
- Flex/extend fingers
- Wrists
- Elbows
- Roll shoulders
- Neck
- Eyes
- Jaw

Hands behind push hips and back up into crab pose

Sitted hands on shoulders washer w/ loud breaths

Roll hands fast dryer then alternate direction

Feet together sitted, hands on knees, butterfly opening closing knees

Extend legs forward bend sandwich pose

Sun salutation:

Sit back on knees (rock pose) then straughten up to giraffe pose with arms overhead, then child’s pose arms tucked behind, then tuck toes cat pose look up, push back to downward dog, lower down cobra pose and look up, return to rock pose

Lower flat to belly, arms by shoulders, deep breath push up and hiss out like snake then lower slowly

Then rest arms at side head down

Standing mountain pose
-tree pose

-eagle pose (wrap leg and arms)

-airplane (hinge at waist, arms back and out and one foot back)

-triangle pose (legs apart foot turned and arm down to floor and other extended)

-forward bend with arms dangling (nod head yes and no)

-back with legs in air

-bend knees out with feet together and grasp with hands

-lie back in Shavasana

-guided meditation focusing on relaxing each progressive part of the body and feeling your weight sink into the floor

-roll to side and back to sitting

-closing with namaste and gratitude