

-Sitting hands on knees-back straight-close eyes

-Balloon breaths sitte breathe in through nose out through nose

-Sitted breathing out through nose and in through nose

-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 sitte, hands on knees, butterfly opening closing knees

-Extend legs forward bend sandwich pose

-Sun salutation:

Sit back on knees (rock pose) then straighten up to girafee 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