



BODY BALANCE 6

	TITLE	ARTIST	DURATION
1	<i>Spente Le Stelle</i> Warm Up	Emma Shapplin	4:25
2	<i>Euphoria (firefly)</i> Sun Salutations	Karma	4:25
3	<i>Everything is Everything</i> Standing Strength	Lauryn Hill	4:55
4	<i>I'm Your Angel</i> Balance	Celine Dion & R Kelly	5:30
5	<i>Millennium</i> Hip Opening	Robbie Williams	4:25
6	<i>Can't take my eyes off you</i> Core	Lauryn Hill	5:15
7	<i>Total Control</i> Back	Motels	6:15
8	<i>Written in the Stars</i> Twists	Elton John (Aida)	4:50
9	<i>Kissing You</i> Forward Bend/Hamstring Stretch	Des'ree	4:55
10	<i>Stillness</i> Deep Relaxation	Gabrielle Roth	7:10
11	<i>The Sunken Forest</i> Meditation Seated	Mike Oldfield	2:35

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KEY

Alt	Alternate
R&L	Right & Left
Intro	Introduction
V	Verse
Ch	Chorus
Br	Bridge
REP 1x	Repeat the Sequence or move one more time
“pose”	Pose as described in BODYBALANCE Manual
Cts	counts

Track Number / Type : 1 Warm Up
Song Title : Spente Le Stelle

Duration : 4:25

BENEFITS: Develop self-awareness, initiate diaphragmatic and belly breathing and breathing with movements. Loosen and start stretching the body.

Cue (When to do it)	Cts	Description (What to do)
(Intro)	5x8	Set "mountain pose" – Feet hip distance apart
(V1) "Quel cuor perdesti..."	4x8	Inhale raising arms to side 1x4ct. Exhale and lower arms 1x4cts REP3x
(V2) "La mia voce..."	4x8	Inhale open straight arms horizontally at shoulder height 1x4ct. Exhale close arms in front at shoulder height 1x4ct REP3x
(V3) "Dimenticar..."	4x8	L) "lateral extension with arm" 1x8. R) "lateral extension with arm" 1x8ct REP1x
(Ch) "Spente le Stelle..."	4x8	Step feet a little wider. L) "lateral extension with arm", R hand on R) hip 1x8ct, R) 1x8ct REP1x
(Ch)	4x8	"Warrior pose (3)" with L) hand on thigh L) knee bent in line with L) foot 1x8ct, R) 1x8ct, L) 1x8ct, R) 1x8ct.
(Br)	1x4	"Wide leg forward fold", knees bent, hands shoulder width apart on the floor.
(V) "Dungre..."	4x8	Hold as above 2x8ct. Bring body weight forward slowly so shoulders are over wrists + on balls of feet 2x8ct
(V) "Dimentica..."	4X8	Step into "downward dog" with knees bent and heels lifted off floor.
(Ch)	4x8	L) "forward lunge" with knee on floor 2x8cts. Twist torso to L to place L) hand on small of the back R) hand on floor 2x8 ct.
(Ch) "Spente le Stelle..."	2x8	"Downward dog", knees bent, heels off.
(Ch) "Vuota la notte..."	2x8	R) "forward lunge" with knee on floor 2x8ct. Twist torso to R) to place R) hand on small of back L) hand on floor 2x8ct.
(Ch)	2x8	Step L) foot in to "forward bend soft back and knees bent"
(Finale)	1x8	Inhale to "extended mountain pose" 1x8, Exhale to "mountain pose": to finish.

Track Number / Type : 2 Sun Salutations
Song Title : Euphoria (firefly)

Duration : 4:25

BENEFITS: Warm body more. Gently mobilise the lower back by using bent knees. Co-ordinate 1 move with one breath in or out.

Cue (When to do it)	Cts	Description (What to do)
(Intro) (instrumental)	4x8	Mountain pose and breath.
(V1) "And I have loved...."	4x8	Inhale "extended mountain pose" - 1x8 ct Exhale "half forward fold" hands above knees resting on thighs - 1x8 ct Inhale "forward bend with extended torso" - 1x8 ct Exhale "forward bend and soft back" and knees bent - 1x8 ct
(V2) "I feel a stirring...."	4x8	Inhale R) "forward lunge" - 1x8 ct i.e. step L) foot back Exhale "Downward Dog" - 1x8 ct Inhale "OPTIONS 1. CAT 2. PLANK 3.CROCODILE - 1x8 ct Exhale "Downward Dog" - 1x8 ct
(V3) "This feeling...."	4x8	Inhale L) "forward lunge" - 1x8 ct i.e. step L) foot forward Exhale "forward bend and soft back" and knees bent - 1x8 ct Inhale "extended mountain pose" - 1x8 ct Exhale "mountain pose" - 1x8 ct
(Ch) "Glow-ohing"	4x8	Inhale "extended mountain pose" - 1x8 ct Exhale "half forward fold hands above knees" - 1x8 ct Inhale "forward bend with extended torso" - 1x8 ct Exhale "forward bend and soft back" and knees bent - 1x8 ct
(Br) "Every move like a firefly...."	4x8	Inhale L) "forward lunge" - 1x8 ct Exhale "Downward Dog" - 1x8 ct Inhale "OPTIONS 1. CAT 2. PLANK 3.CROCODILE - 1x8 ct Exhale "downward dog" - 1x8 ct
(V4) "I never want to lose..."	4x8	Inhale R) forward lunge" - 1x8 ct Exhale "forward bend and soft back" and knees bent - 1x8 ct Inhale "extended mountain pose" - 1x8 ct Exhale "mountain pose" - 1x8 ct
(V5) "And it's telling me...."	4x8	Inhale "extended mountain pose" - 1x8 ct

		Exhale "half forward fold hands above knees" - 1x8 ct Inhale "forward bend with extended torso" - 1x8 ct Exhale "forward bend and soft back and knees bent" - 1x8 ct
(Ch) "Fly....."	4x8	Inhale R) "forward lunge" - 1x8 ct Exhale "Downward Dog" - 1x8 ct Inhale "OPTIONS 1. CAT 2. PLANK 3.CROCODILE" - 1x8 ct Exhale "downward dog" - 1x8 ct
(Ch) "piano"	4x8	Inhale L) forward lunge" - 1x8 ct Exhale "forward bend and soft back" and knees bent - 1x8 ct Inhale "extended mountain pose" - 1x8 ct Exhale "mountain pose" - 1x8 ct
(V2) "I feel stirring"	4x8	Inhale "extended mountain pose" - 1x8 ct Exhale "half forward fold hands above knees" - 1x8 ct Inhale "forward bend with extended torso" - 1x8 ct Exhale "forward bend and soft back and knees bent" - 1x8 ct
(V4) "I never want to lose..."	4x8	Inhale L) "forward lunge" - 1x8 ct Exhale "Downward Dog" - 1x8 ct Inhale "OPTIONS 1. CAT 2. PLANK 3.CROCODILE" - 1x8 ct Exhale "downward dog" - 1x8 ct
(V5) "And it's telling me..."	4x8	Inhale L) "forward lunge" - 1x8 ct Exhale "forward bend and soft back and knees bent" - 1x8 ct Inhale "extended mountain pose" - 1x8 ct Exhale "mountain pose" - 1x8 ct
(Ch) "Fly....."	4x8	Repeat sequence to first downward dog - hold
(fade)	1x8	

Track Number / Type : 3 Standing Strength
Song Title : Everything is Everything

Duration : 4:55

BENEFITS: Lengthen, strengthen and tone legs and buttocks and abdominals. Added adductor stretch to aid lower back mobility. Head turn in warrior pose aids mobilisation at the cervical-thoracic spinal junction

Cue (When to do it)	Cts	Description (What to do)
(Intro)	4x8	Walk feet closer to hands and step or jump feet wide – 1x8ct L) “Adductor Stretch” hands on floor <u>or</u> on thighs - 3x8 ct
(Ch) “Everything is....”	4x8	R) “adductor stretch” – 3x8ct. Hands on floor <u>or</u> on thighs Transition through “bent knee wide forward fold” hands on thighs to set up feet for standing poses – 1x8ct
(Ch) “Everything is....”	4x8	L) “Warrior pose (1)”, R) hand palm up – 2x8ct Hold pose turn head to R), L) hand palm up R) hand palm down – 2x8ct
(V1) “I wrote these words....”	4x8	Swing R) arm down and to L) arm and reach arms and body forward over L) leg – 2x8 ct
Ch) “Everything is....”		L) “Warrior pose (3)” – 2x8 cts. OPTION L) “Warrior pose (2)”
(V2) “It seems we....”	4x8	L) “Triangle pose” – 2x8 cts L) “Warrior pose (3)” – 2x8 cts. OPTION L) “Warrior pose (2)”
(Ch) “Everything is....”	4x8	Repeat sequence to R)
(V3) “Our philosophy....”	4x8	
(V4) “And she ain’t ready....”	4x8	
(Ch) “Everything is....”	4x8	Repeat sequence to L)
(V5) “Sometimes it seems...”	4x8	
(V6) “Let’s love ourselves...”	4x8	
(Ch) “Everything is....”	4x8	Repeat sequence to R)
(Ch) “Everything is....”	4x8	
(Finale) “La la la....”	4x8	

Finish in “wide leg forward fold” hands shoulder width apart on floor

Track Number / Type : 4 Balance
Song Title : I'm Your Angel

Duration: 5:30

BENEFITS: Strengthen lower and upper body, back and abdominals. Develop poise and concentration. The Added head turn, activates the body's righting reflexes through the neck and eye reflex response, increasing self-awareness and stability

Cue (When to do it)	Cts	Description (What to do)
(Intro)		Step feet (beginner) or jump feet (experienced) to "low intense' pose". Hands on floor.
(V1) "No mountains..."	2x8	Set up "Bird pose"
(V2) "No rivers too wide..."	2x8	Hold "Bird pose"
(V3) "And then you will see.."	2x8	Step feet (beginner) or jump feet (experienced) to "push up position plank" OPTION (CAT POSE/ALL FOURS)
(Ch) "...power in the sky..."	2x8	"Child's pose" – 1x8ct Option "CAT/PLANK/Firefly" 1x8ct
(Ch) "...hope is gone..."	2x8	"Child's pose" – 1x8ct Option "CAT/PLANK/Firefly" 1x8ct
(Tr) "Angel....."	1x8	Transition through "Child's pose" to 'low intense pose' hands on floor
(V1) "I saw your teardrops.."	2x8	Set up "Bird pose" and repeat above sequence
(V2) "You have everything..."	2x8	
(V3) "And then you will see.."	2x8	
(Ch) "...power in the sky..."	2x8	
(Ch) "...hope is gone..."	2x8	
(Tr) "Angel....."	1x4	Transition back on to knees and stand up
(V4) "And when its time..."	2x8	"Intense pose"
(V5) "And when it seems..."	2x8	"Intense pose" rise on to balls of feet extending arms up overhead
(Tr) "I'll be your....."	1x4	Set up "Stalk pose"
(Ch) "...power in the sky..."	2x8	"Stalk pose" L) i.e. standing on L) leg
(Ch) "...hope is gone..."	2x8	"Tree pose" L) – 1x8ct
		Hold "Tree pose" and turn head to R) slowly – 1x8ct
(Ch) "...power in the sky..."	2x8	"Tree pose" slowly bring arms over head and look up
(Ch) "...hope is gone..."	2x8	Repeat sequence using R) leg
(Ch) "...power in the sky..."	2x8	
(Finale)	2x8	

Track Number / Type : 5 Hip Opening
Song Title : Millennium

Duration : 4:25

BENEFITS: Stretch hip flexors and buttock muscles. Increase hip mobility releasing lower back tension. Mobilise the neck by turning to the side with swastika.

Cue (When to do it)	Cts	Description (What to do)
(Intro)	2x8	"Extended mountain pose" – 1x8 ct. Swandive to "Forward bend and soft back" – 1x8 ct
(Ch)	2x8	Transition through "Downward Dog", "Child's pose" butt to side and swing legs to the front
(V1) "Some say that...."	4x8	"Swastika L" 2x8 ct "Swastika R" 2x8 ct
(V2) "Run around....."	4x8	Hold "Swastika R", straight back lean over front knee, hands forward on floor (beginners by front leg, experienced out further)
(Ch) "Styles directing our fate...."	4x8	"Hip and ab stretch" R
(V3) "Live for liposuction..."	4x8	"Swastika L" straight back lean over front knee, hands forward on floor as above
(Ch) ".....styles directing our fate...."	4x8	"Hip and ab stretch" L
(V4) "Come and have a...."	4x8	Swastika R) – 2x8ct L) - 2x8ct
(Bp) " Millennium....."	2x8	Transition to L) "Swan pose" OPTION "Swastika" L)
(Ch) "Styles directing...."	4x8	Hold L) "Swan pose" OPTION "Swastika" L). Lean forward forearms on ground
(V5) "Oh when we come...."	4x8	Transition to "L) kneeling forward lunge" by bringing R) leg in a little and taking weight on hands as L) leg moves to the lunge. Hold lunge with hands on L) thigh
(Ch) ".....styles directing..."	4x8	Transition to "R) kneeling forward lunge" by straightening legs and turning to R) then kneeling on L) knee – 3x8 ct. Hold – 1x8 ct
(Ch) ".....styles directing....."	4x8	Hold "R) kneeling forward lunge". Hands on thigh – 3x8 ct. Transition to R) "Swan pose" by taking weight on hands and tucking R) leg to "swan pose" – 1x8 ct
(Ch)	4x8	Hold R) "swan pose". Lean forward, forearms on ground.

Track Number / Type : 6 Core
Song Title : Can't take my eyes off you

Duration : 5:15

BENEFITS: Strengthen abdominal (lower abdominals/and oblique) muscles, retraining mind awareness of the body's core. Integrate R and L sides of body for functional gait pattern. Increase hip mobility.

Cue (When to do it)	Cts	Description (What to do)
(Intro)	4x8	Set up for "Supine one leg raising"
(V1) "You're just too good...."	4x8	"Supine one leg raising". Draw abdominal muscles in L) foot lifts off floor towards chest and down to floor – 1x4ct. R) foot – 1x4ct. Repeat 3 times pressing back down on hands (3x8cts)
(V2) "But in the way that I stare...."	4x8	Repeat above
(Trans) "ah ah....."	1x8	Repeat above OPTION set for next move
(Ch1) "...baby if it's quite alright..."	4x8	"Supine double knee raising". Feet off the floor knees above hips, lift knees 2cts, rotate knees towards opposite shoulder 2cts back to centre 2 cts and return buttocks to floor 2 cts
(Ch2) "...baby don't let me down...."	4x8	Repeat to other side – 1x8ct Repeat sequence 3 times (6x8cts)
(V1) You're just too good....	4x8	"Supine hip circles" L) leg 4 counts per circle 8x Lying supine, R foot-on the floor, knee bent, L) leg in the air vertically with knee bent and foot flexed. Hands under buttocks. Circle the L) leg focusing the move from the hip joint . Use the abdominal muscles to control the move.
(V2) "But in the way that I stare..."	4x8	"Supine hip circles" R) leg 8x
(Tr) "ah ah...."	1x8	Set for next move by raising both legs up
(Ch1)"baby if it's quite alright"	4x8	"Supine hip circles both legs" rotating outwards 4 cts per circle 8x As above with both legs vertically in the air, knees bent and feet flexed.
(Ch2)"baby don't let me down"	4x8	"Supine hip circles both legs" rotating inwards 7x 1x4 ct transition to set "supine 1 leg raising"
(V1) "You're just too good....."	4x8	"Supine 1 leg raising" (as above) OPTION (experienced) – start with knees up and take alternate feet to the floor.
(Tr) "ah ah....."	1x8	Repeat above OPTION set next move.
(Ch1) "...Baby and it's quite alright...."	4x8	"Supine double knee raises" as above.
(Ch2) "....Baby don't let me down...."	4x8	Repeat

(Ch1) "...Baby if it's quite alright..."	4x8	Feet to the floor, knees bent. Hands on hamstrings, small abdominal crunch lifting upper torso – 1x8cts Repeat 3 times - (3x8ct)
(Ch2)."Baby don't let me down"	3x8	Repeat 2 times (2x8ct). Finish lying supine, knees to chest.

Track Number / Type : 7 Back
Song Title : Total Control

Duration : 6:15

BENEFITS: Improves posture by strengthening muscles in upper and lower back, buttocks and legs. Mobilise neck and re-train neck and shoulder to integrate movement. Increase flexibility in back muscles so spine is more elastic. Pointer pose activates the contra lateral upper and lower body for functional strength and stabilisation.

Cue (When to do it)	Cts	Description (What to do)
(Intro)	3x8	In "Cat Pose" / all fours. Set up 1x8 ct "Cat" arch 1x8ct. Repeat 1 times
(V1) "Looking counter-clockwise...."	6x8	"Dog lifts with opposite arm lift and head turn". L) arm R) leg – 8 times. OPTION on forearm. "Set up arm move first i.e. do two arm lifts without knee lift"
(V2)	3x8	Repeat 6 times
(Ch) "And I'd sell my soul...."	4x8	"Pointer" L) arm R) leg
(V3) "Street word tonight...."	3x8	"Dog lifts with opposite arm and head turn" R)arm L) leg – 14 times
(Ch) "And I'd sell my soul...."	4x8	"Pointer" R)arm L) leg
(Br) "Over you...."	3x8	Transition through "Child's pose" 2x8 ct to lying prone, arms by side of body 1x8 ct
(Instrumental)	4x8	"Locust with opposite arm and leg". Lift R) leg and bring straight L) arm in half circle to extend horizontally in front of head 4cts
	4x8	Return to original position 4cts. Repeat with L) leg and R) arm. Repeat sequence 3x. (6x8cts)
(V3) "Streetword tonight...."	3x8	"Half cradle" with opposite arm and leg. Lift R) foot and hold ankle with R) hand. L) arm half circle to rest hand on floor in front, arm straight 10ct. Return to original position 2ct.
(V4)	4x8	Repeat with L) foot and R) arm. Repeat sequence 1x – 1x8ct set next move
(Ch) "And I'd sell my soul...."	6x8	"Cradle" – hold arch 12cts. Down 4cts. Repeat 2 times
(Br) "Over you....."	5x8	"Child's pose" 2x8ct. Transition to supine; hands under shoulders, buttocks to L) side and legs forward to lie supine with knees bent, feet on floor (3x8cts).
(Ch) "And I'd sell my soul...."	6x8	"Supine Pelvic tilt" up 4cts, down 4cts. Repeat 5 times.
(Br) "Over you....."	4x8	"Supine Pelvic tilt". OPTION (experienced) "Backbend Pose". Finish knees to chest

Track Number / Type : 8 Twists
Song Title : Written in the Stars

Duration : 4:50

BENEFITS: Release tension in back muscles to maintain range of motion of the spine.

Cue (When to do it)	Cts	Description (What to do)
(Intro)	1½x8	Transition from back track. Hands on hamstrings, roll back up and turn on knees to “downward dog”.
(V1) “I am here to tell you..”	2x8	“Downward dog”
“A life time of not knowing....”	2x8	“Forward lunge” L), R) knee on floor – R) hand on floor, twist to L) hand in small of back.
“The someone you once ...”	1x8	“Forward lunge” L) straighten R) knee and L) arm to extend upwards
(V2) “Never wonder...”	2x8	“Downward dog”
“Every moment of my life.....”	2x8	“Forward lunge” R), L) knee on floor, L) hand on floor, twist to R) hand in small of back
“How a perfect....”	1x8	“Forward lunge” R) straighten L) knee and R) arm to extend upwards
(Ch) “Is it written in the stars.”	2x8	“Downward dog” 1x8ct. “Forward lunge” L) straight arm and leg – 1x8ct (as above)
(Ch2) “Is this God’s experiment....”	2x8	“Downward dog” – 1x8ct “Forward lunge” R) straight arm and leg – 1x8ct (as above)
(Br) (instrumental)	1x8	Transition to “downward dog”, “child’s pose”. Sit buttocks to L) and swing legs to “stick pose”.
(V1) “Nothing can be altered....”	2x8	“Stick pose” arms extending overhead – 1x8ct. Lift L) leg (straight or bent knee) and hold foot in both hands – 1x8ct
(V2) “You are all I’ll ever want....”	2x8	Hold L) foot in R) hand and twist to L), L) hand on floor behind.
“What it is to be in....”	1x8	Transition to “seated spinal twist” by taking L) foot to outside R) leg
(Ch1) “It is written in the stars.....”	2x8	“Seated spinal twist” R) leg straight on ground twisting to L).
(Ch2) “Is this God’s experiment....”	2x8	Hold legs as above, twist to R). L) arm pressing against inside L) knee, R) hand on floor behind.
(Br) “It is written in the stars.”	2x8	“Stick pose” – 1x8ct Repeat above sequence using R) leg, R) leg hold – 1x8ct
(Ch) “It is God’s experiment..”	2x8	Hold R) ankle or foot, twist to R) as above.
(Ch) “Is this God’s.....”	2x8	“Seated spinal twist” R)
“A day.....”	2x8	Hold legs as above, twist L).
(Fade)	2x8	Finish with knees bent, feet on floor and apart, lean straight back forward on thighs.

(Ch2) : "Is this God's experiment...."	2x8	Hold legs as above, twist to R). L) arm pressing against inside L) knee. R) hand on floor behind.
(Br) "It is written in the stars..."	2x8	"Stick pose" – 1x8ct Repeat above sequence using R) leg, R) leg hold – 1x8ct
(Ch) "It is God's experiment..."	2x8	Hold R) ankle or foot, twist to R) as above
(Ch) "Is this God's....."	2x8	"Seater spinal twist" R)
"A day...."	2x8	Hold legs as above, twist L)
(Fade)	2x8	Finish with knees bent forward on thighs, feet on floor and apart, lean straight back.

Track Number / Type : 9 Forward Bends/Hamstring Stretch

Duration : 4:55

Song Title : I'm Kissing You

BENEFITS: PNF stretch – increase hamstring flexibility by stretching, then contracting, then re-stretching the hamstring muscles. Releases lower back tension.

Cue (When to do it)	Cts	Description (What to do)
(Intro) instrumental "Aah..."	2x8	"Stick pose". Retract chin 1x8 ct. Turn head L) 1x4 ct R) 1x4 ct
(V1) "Right can stand..."	2x8	"Forward Fold" knees bent hands on ankles
(V2) "Heaving heart is full..."	2x8	Cross L) ankle on R) ankle. Knees bent (beginner) or straight (experienced) and "Forward Fold"
(Ch) "Coz I'm kissing you..."	1x8	"Table top" with straight legs (keep ankles crossed)
"I'm kissing you..."	1x8	"Forward Fold" with ankles crossed
(V3) "Touch me deep..."	2x8	Cross R) ankle on L) ankle "Forward Fold". Knees bent OR straight
(Ch) "Coz I'm kissing you..."	1x8	"Table top" as above
	1x8	"I'm kissing you..."
	2x8	(Br) instrumental
(Piano and orchestra crescendo)	1x10	"Table top" with straight legs
(V4) "Where are you now..."	2x8	"Forward fold" back releasing and chin to chest 1½x8ct Transition to supine – 1x4ct
(Ch) "Coz I'm oh I'm kissing you..."	1x8	"Face up twist/lower back release" L)
"I'm kissing you...."	1x8	"Face up twist/lower back release" R)

Track Number / Type : 10 Deep Relaxation
Song Title : Stillness

Duration : 7:10

BENEFITS: * *Integrates what has been learnt during the class.* * *Relaxes muscles and releases psychological tensions.* * *Soothes the nervous system, bringing calmness and clarity of thought.*

Diaphragmatic Breathing activated Parasympathetic nervous system for the Relaxation response

This track starts lying with feet on floor away from the body. If you have any issues with your neck please fold a sweatshirt or place the toes of your shoes under your head so your neck can relax. Stay in this position if you are comfortable through your lower back and relax your knees into each other. Otherwise stretch your legs out along the floor.

This is our time for stillness, relaxation and integration of all the work we have done. Make sure you are comfortable.

Gently focus your attention to just below the navel and feel how your belly rises and falls softly with each breath.

Slowly move your head from side to side. Release any tension in your neck and let it find its centre position on the floor. Feel how this creates a deep sense of relaxation through the face, how the creases in the brow soften, how the eyes sink back into the head. Allow your cheeks to soften, your lips to soften.

Let your jaw relax away from your head and your throat open and your tongue rest gently. Feel your shoulders melt across the floor down your arms to the natural curl of your fingers.

Let your back be heavy resting on the floor, your buttocks soft and melting, down your legs, muscles deeply relaxed, feet and toes falling out to the side.

Focus on stillness, calmness, deep relaxation. Allow your body to soften and release more deeply and fully with each breath.

Track Number / Type : 11 Seated Meditation

Duration : 2:35

Song Title : The Sunken Forest

Gently start to move your fingers and toes. Breathe a little deeper.

Slowly stretch your arms over your head. Draw your R) knee then your L) knee into your chest, stretch out your back. Let your feet come back down to the floor and roll over on to your R) side away from your heart.

When you are ready, use the strength in your upper body to come up to a seated meditation.

Find a comfortable seated position – straighten out our backs. Close your eyes or lower your focus. Be aware of your breathing – in and out through the nostrils. Feel the beginning middle and end of each breath.

Inhale deeply and feel the energy of the breath. Exhale and feel the relaxation of the breath.

Gently open your eyes back into our day, calm relaxed and focused.

Thank you.