

Physical Warm Ups

- Standing
- Inhale, raise arms wide, slowly to the sides and above head
- Exhale, lower arms, wide, slowly to the sides
- Repeat breathing in and out

- Inhale, raise arms wide, slowly to the sides and above head
- Exhale, lower arms, wide and fold at the waist
- head and hands down to the floor, stay there and hang, on each exhale fold deeper into the stretch
- bend knees slightly and slowly roll up from the base of the spine, one vertebra at a time, head comes up last

- Standing
- slowly, tilt head back and look up
- tilt head forward and look down
- turn head to the right
- turn head to the left
- repeat

- roll shoulders back x4
- roll shoulders forward x4

- shrug shoulders up to ears
- and release, repeat

- flick fingers out 4x
- roll wrists out 4x and roll wrists in 4x

- large leg muscle warm up
- lunge forward keep both heels on the floor, stretching the back calf
- keeping the same foot positions, lean back on back leg, straighten front leg and flex front foot
- lift front leg and grasp ankle with hand, holding it behind thigh, balance, bend elbow to deepen the stretch
- repeat sequence on the other side

- ankle roll out 4x, roll in 4x, repeat on other ankle

- isolations
 - keep lower body stable and move torso to the sides, front and back
 - keep upper body stable, bend knees slightly and move hips to sides, front and back

- gently bounce keeping both feet contacting the floor, allow arms to dangle and loosen everything