




ACT OF KINDNESS SEQUENCE




Tadasana.
Aware of feet & breath




INHALE



EXHALE
Looking up, greeting the sun!
lift the ♥




INHALE
to centre




EXHALE
arms shoulder level

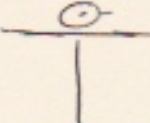
INHALE




EXHALE
Twist to R




INHALE
centre




EXHALE
Twist to L



INHALE
CENTRE




EXHALE
fold forward
arms level with
shoulders

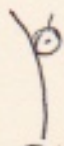


INHALE UP


TWIST TO BOTH SIDES



INHALE
arms overhead



EXHALE
looking up
lifting ♥



INHALE
to centre



EXHALE
arms @ side
Feel.

Repeat 3X
Work with breath
Pause between rounds

- * If too much for the arms, lower them
- * Folding forward only as far as comfortable
- * Careful of back, glycoma, hips, knees, shoulders
- * Do from a chair if balance isn't too good.
- * Make it your own, this is a suggestion only.
- * Smile and enjoy!!!