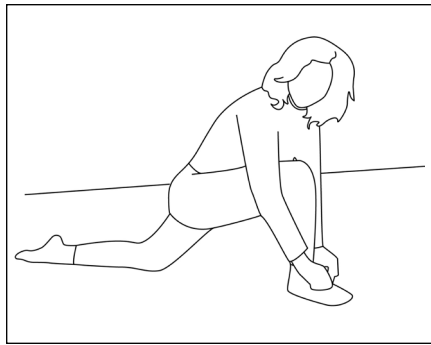
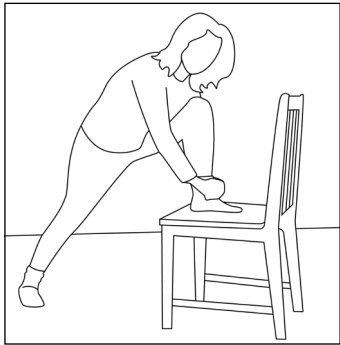
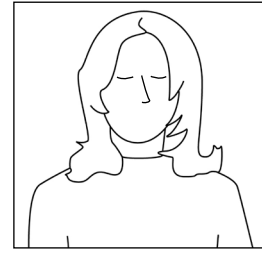


Moving Through the Day

The following yoga-based movements are "**SAFE**" -Simple Activities For Everyone. Whatever your age or athletic ability, these poses are easy and fun.

1 "Listening Breath"

Close your eyes and let the outside world take care of itself for the next few seconds. Slowly inhale through your nose as you focus on the sound of your own breath. Continue to focus on your breath as you exhale. Repeat the sequence for a total of 3 breaths. Work up to one minute.

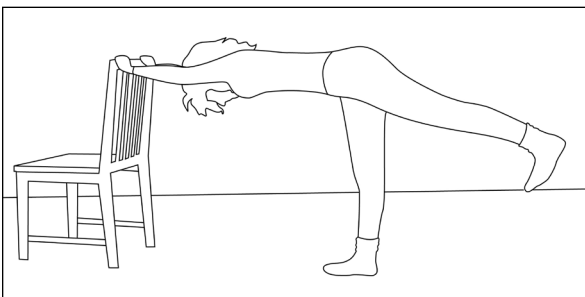
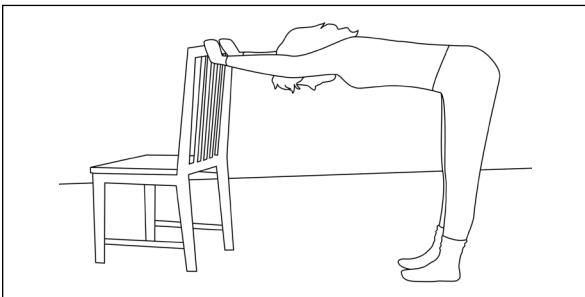
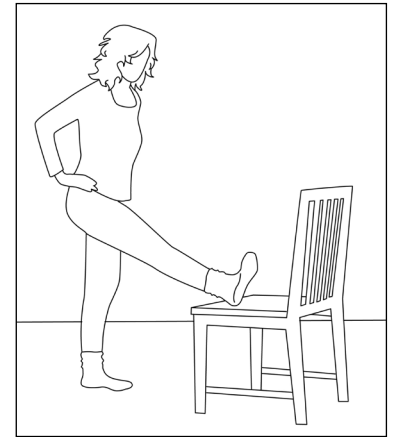


2 "Shoelaces"

Loosen up hips, hamstrings, and inner thighs. Place your right foot on a chair, low wall, or the ground. Feel a gentle stretch as you hold the pose. Turn your head to the right for 3 to 5 breaths, then to the left for 3 to 5 breaths. Switch legs and repeat.

3 "Hello Foot"

Hamstring stretches are ideal when the muscles are warmed up; a great follow-up to a brisk lunch-hour walk of 5-25 minutes. Place your heel on a chair, low table or wall. Fix your gaze on your foot as you tune out distractions. Practice Listening Breath as you hold the pose for 20 to 60 seconds on each leg.

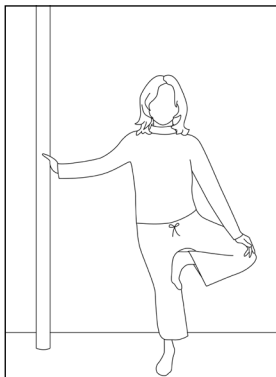


4 "Looking for Crumbs"

Place your hands on a chair or flat against the wall. Step back until your torso is parallel to the floor and you feel a pleasant release. Practice Listening Breath. Pull your abdominal muscles toward your spine during the exhales. Elongate your spine and expand your rib cage on the inhales. To strengthen legs, raise each leg in turn. Keep hips level. When your "standing" leg becomes tired, switch legs.

5 "Who's There?"

Sit sideways in your chair and gently grasp either side of the chair back. As you practice Listening Breath, sit a bit taller on the inhales, twist your torso toward the back of the chair on the exhales. Continue for 3-5 breathes or more, then switch to the opposite side of the chair and repeat.

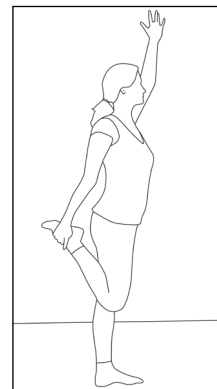
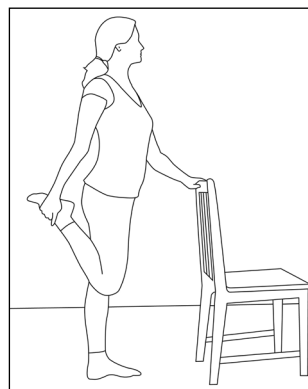


6 "Tree Pose"

Balance and strength are the by-products of this classic yoga pose. Focus on a spot about six feet in front of you on the floor or wall. Shift your weight to your right side as you support yourself on a wall, desk or even a tree. Hold the pose for 3-5 breathes, then switch sides and repeat. With your left hand, lift your left foot up against your calf or thigh, depending upon your level of flexibility. With continued practice, you will be able to do the pose without support.

7 "Stork"

Use a wall or chair for support. Grasp the ankle or top of the foot and stand tall. Feel a stretch in the front of the thigh. Hold for 3-5 Listening Breaths. For leg strength, hold the pose until the standing fatigues. For a balance, do the pose without support. Switch sides and repeat.



10 "Pretzel Arms"

Stretch arms out to the sides like the letter "T". Bring the right arm under the left and turn palms toward each other. Gaze at your hands or close your eyes. Hold for 3-5 Listening Breaths. Bring arms to a "T" on an inhale and repeat the sequence, placing the left arm under the right. Can be combined with Pretzel Legs.

11 "Pretzel Legs"

Sit in a comfortable cross-legged position. Pick up your right heel and place it on the floor just outside of your left thigh. Sit up tall and grasp your feet or place your hands on the floor and hold for 3-5 Listening Breaths. Release both legs straight out in front of you and wiggle them against the floor. Switch sides and repeat.

