

Five Exercises for Warming Up the Body

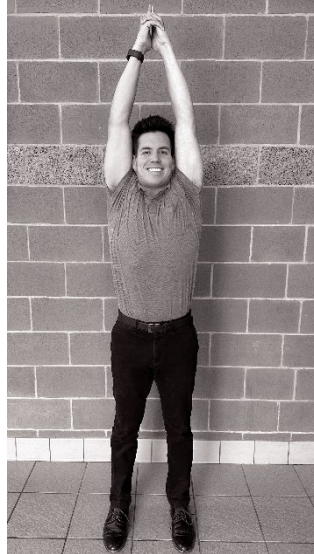
1. Pencil Stretch

Please note: Not all steps are pictured below.

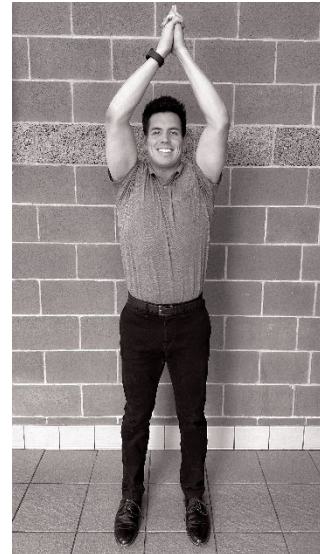
- 1) Start with your feet hip-width apart.
- 2) Imagine you have a string from the top of your head to the ceiling. This should help you keep your spine tall without being rigid.
- 3) Take five breaths and notice any tension you are holding in your body.
- 4) Lift your shoulders up, back, and then down your back, leaving your chest broad.
- 5) Keeping your shoulders low on your back, raise your arms above your head and clasp your fingers together, leaving your two pointer fingers pointing towards the ceiling.
- 6) Breathe slowly and deeply for 5 breaths. Imagine expanding your lungs alternately through the right side, left side, front, and rear of your torso.
- 7) Return to the center and take 2 breaths.
- 8) Leaving your hips facing forward, twist to the left and repeat steps 6 and 7.
- 9) Leaving your hips facing forward, twist to the right and repeat steps 6 and 7.
- 10) Lower your arms. Notice any changes/similarities with how your body felt before the exercise.



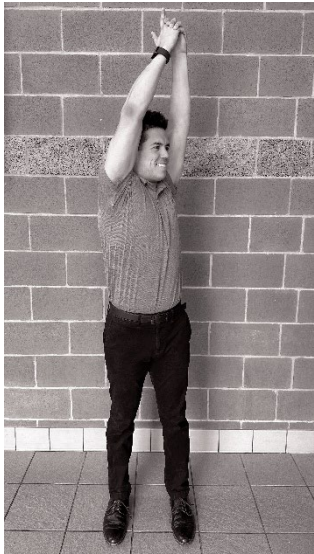
Step 1



Step 5



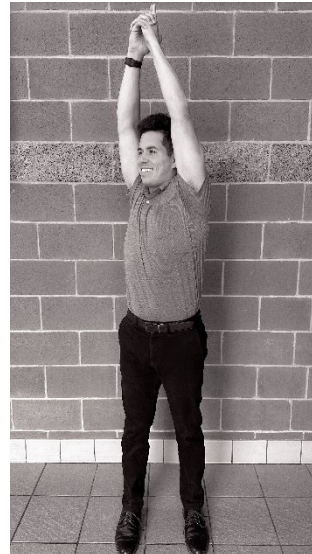
Step 5 – version 2



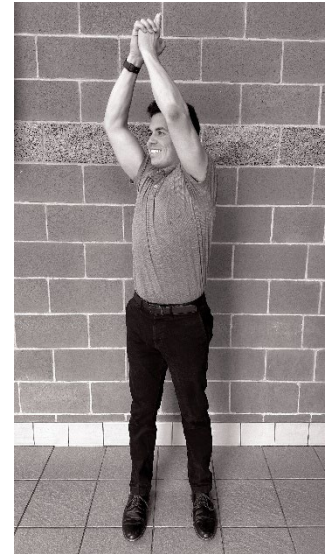
Step 8



Step 8 – version 2



Step 9



Step 9 – Version 2

2. Door Frame Stretch

- 1) Stand comfortably in a door frame and place your hands on either side. (Step 1 - Version 2: Place your arms slightly higher on the door frame for a more pronounced stretch. (Step 1 - Version 3a and 3b: for more stability and a less intense stretch, place one foot behind the other a few inches before you lean; then switch lead foot).
- 2) Lean forward to stretch your arms and upper chest.
- 3) Breathe slowly and deeply for 5-10 breaths. Imagine expanding your lungs alternately through the right side, left side, front, and rear of your torso.
- 4) Lean back to neutral. Notice any changes/similarities with how your body felt before the exercise.



3. Worm Wiggle

Description only.

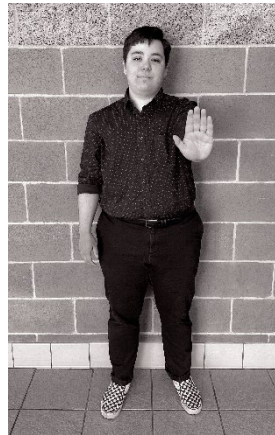
- 1) Stand with your feet hip width apart.
- 2) Keeping your feet on the ground, bounce the rest of your body up and down. Allow your arms to shake wildly but limply. Permit yourself to vocalize as you do this – get loose and have fun!
- 3)

4. Arm Stretches

- 1) Bring your left arm across your chest and clasp it with your right forearm. Take 5-10 deep breaths before releasing your arm.
- 2) Stretch your left arm out in front of you with your palm facing forward.
- 3) Press your hand back toward your body, making sure to include all five fingers. Take 5-10 deep breaths before releasing your hand.
- 4) Turn your hand downward and repeat step 3.
- 5) Repeat on the right side.



Step 1 – left



Step 2 – left



Step 3 – left



Step 4 - left

Repeat these four steps with the right arm and hand.

5. Make Stuff Up!

Do whatever stretches you like, try dancing around, or otherwise warm up your body according to what you need for your practice session.