

Let's Move!

Loving Kindness Meditation



1) Sitting comfortably with your eyes closed, breathe deeply as you think to yourself:

“May I be safe”

“May I be happy”

“May I be healthy”

“May I live with ease”

Let's Move!

Nemwen

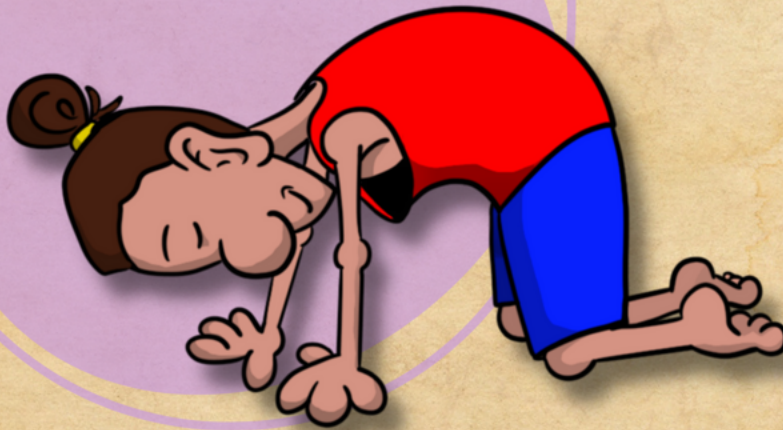
/Mindful Breathing



- 1) Open one hand and spread your fingers wide.
- 2) Use the pointer finger on your other hand to slowly trace your fingers, sliding up and down.
- 3) Inhale through your nose as you slide up, exhale through your mouth as you slide down.

Let's Move!

Mayos/bzheke
/Cat-Cow



- 1) Start on your hands and knees.
- 2) Inhale and look up, letting your belly drop down towards the ground.
- 3) Exhale and tuck your chin in, arching your spine towards the sky.
- 4) Repeat several times.

Let's Move!

Pedyebwen/Chair

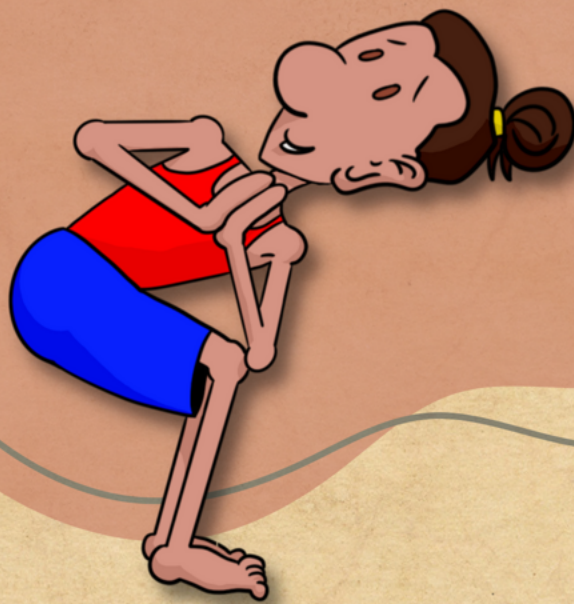


- 1) Stand tall with your feet and knees together.
- 2) Inhale and reach your arms to the sky.
- 3) Exhale, bending your knees as you sit back into an imaginary chair. Lift your chest up to the sky.
- 4) Breathe in and breathe out several times.
- 5) Straighten your legs, lower your arms, and relax.

Let's Move!

Pedyebwen

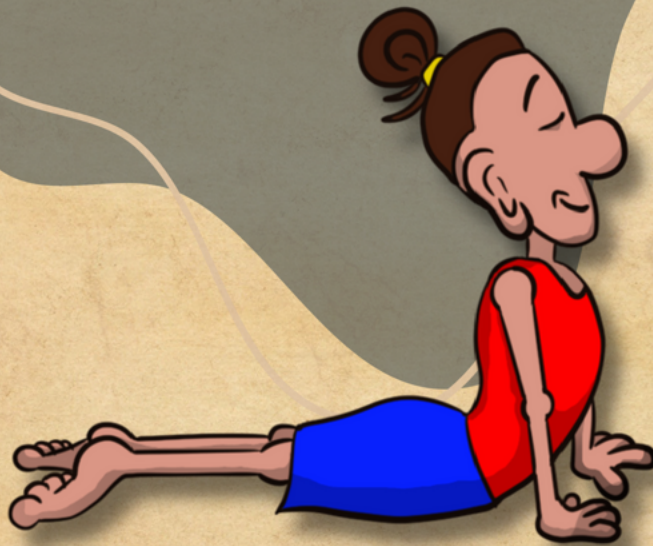
/Revolved Chair



- 1) Start in chair pose. Inhale..
- 2) As you exhale, twist your torso to one side and bring the palms of your hands together. Hook your elbow outside your knee for support as your belly and chest stay in a twist, facing the side.
- 3) Inhale and exhale, and then come to a stand.
- 4) repeat on other side.

Let's Move!

Zhashage/Cobra



- 1) Start on your belly with your legs straight behind you.
- 2) Place your palms on the ground next to your shoulders, with your elbows tucked into your sides. Fingers wide.
- 3) Push down through your feet and hands.
- 4) Inhale deeply as you lift your chest and roll your shoulders back. Take several deep breaths then relax back down to the floor.

Let's Move!

Peshgno/Eagle



- 1) Stand tall. Lift one leg up with knee bent, and wrap it over the standing leg.
- 2) Balance! Bend the knee of your standing leg, sinking your seat down.
- 3) Wrap the arm on the same side as your bent leg under the other arm. Try bringing the palms of your hands together.
- 4) Balance, keep hugging both arms and legs together, and remember to breathe! Switch legs and repeat.

Let's Move!

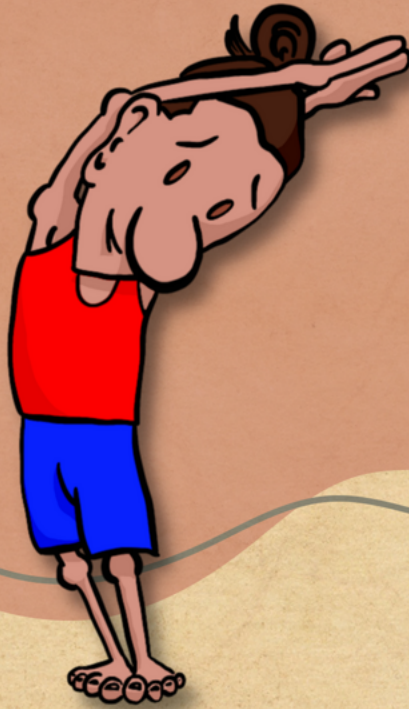
Nzhobbedon/Forward Fold



- 1) Stand tall. Inhale and reach your arms up to the sky.
- 2) Exhale, bend your knees slightly, and fold at the waist.
Bring your hands to your toes, shins, or even a chair.

Let's Move!

Abtegizes
/Crescent Moon



- 1) Inhale, raise your arms and lengthen your spine.
- 2) Exhale, and bend to one side reaching as far as you can.
- 3) Repeat on the other side.

Let's Move!

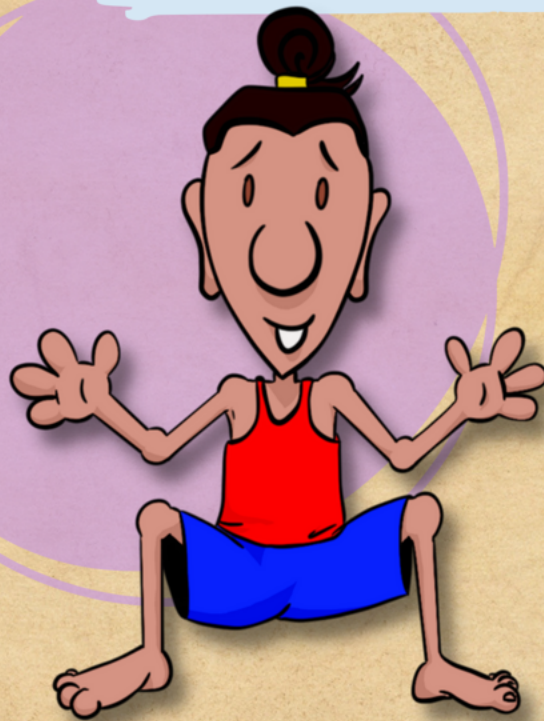
Gizes/Sun Pose



- 1) Inhale deeply as you raise your arms out and over your head
- 2) Exhale out all of your air as you lower your arms back down

Let's Move!

Ankwet/Cloud Pose



- 1) Inhale, bend your knees and squat down, while bringing your elbows to your side and hands out.
- 2) exhale and stand up straight as you lift your arms overhead.

Let's Move!

Mtek/Tree



- 1) Stand up straight, extend your spine.
- 2) Rest your foot on your opposite ankle or above or below your knee and balance.
- 3) Bring your hands together at your heart or lift them high in the sky.
- 4) Switch and do the other side.

Let's Move!

Beneshi/Bird



- 1) Stand tall and focus on one point in the distance.
- 2) Lift one foot and extend your leg behind you as you lean forward and balance. Take your arms out wide.
- 3) Switch and do the other side.

Let's Move!

Wgechda Nish/Warrior 2



- 1) Stand in a wide leg stance with feet far apart, and hands on your waist. Turn one foot out, facing forward, and bend into that knee.
- 2) Turn your head towards your bent leg and look forward. Stretch your arms out wide, parallel to the ground.
- 3) Inhale, stretching through your fingers.
- 4) Exhale, pushing down through your feet. Repeat on other side