



RAG DOLL

Participants

Any number of participants.

Time Allotment

5 Minutes or less

Activity Level

Moderate

Materials

No materials required

Stretch. Rejuvenate. Refocus. Clear the Mind.

Method

Step 1. Stand tall and strong with your arms at your sides and your feet about hip distance apart. Rock back and forth on your feet a few times until you find a comfortable center – this is your mountain base.

Step 2. Inhale deeply, then exhale and bend at the hips to hang your torso, arms, and head down like a rag doll. Knees should be very slightly bent.

Step 3. Gently nod your head ‘yes’ and ‘no’ until all tension is released from your shoulders, neck, and head. Your arms should be floppy and loose.

Step 4. Relax and breathe here, releasing a little more into a stretch with each exhale.

Step 5. When you are finished, slowly roll your spine back up to mountain base.

Variation(s)

Be Floppy. Flop your upper body around a bit as a rag doll would, enhancing the stretch and releasing all the muscles in your back, neck, and shoulders.