



HALF SUN

Participants

Any number of participants.

Time Allotment

5 Minutes or less

Activity Level

Moderate

Materials

No materials required

Full Body Stretch. Soothe. Release. Energize. Focus.

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. Find a small unmoving object across the room in your line of vision. Focus your eyes on this object. This is your “Focus Point”.

Step 2. Inhale deeply while raising your arms up to the sky.

Step 3. Exhale and bring your arms straight down in front of you as you fold forward at the hips, keeping your spine straight and knees slightly bent. Reach your fingers toward the floor near the outer edges of your feet.

Step 4. While keeping your hands where they are, inhale and look up and stretch your spine out straight, extending from the top of your head to your tailbone.

Step 5. Exhale and fold forward again, releasing further into the stretch. Rest and breathe here for 3 full breaths. (Option: instead of resting for 3 breaths, continue to step 6 to create a flow from one movement to the next, following the breath.)

Step 6. Inhale and slowly rise up to reach your arms back up to the sky. Exhale while lowering your arms to your sides back to mountain base.

Step 7s. As time allows, repeat Half Sun several times, flowing from one round into the next.