



AIRPLANE

Participants

Any number of participants.

Time Allotment

5 Minutes or less

Activity Level

Moderate

Materials

No materials required

Open. Strengthen. Balance. Stretch.

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. Stretch your arms straight to each side, taking care to lower your shoulders away from your ears.

Step 3. When you feel balanced, lean forward, lifting one leg straight behind you.

Step 4. Remain in this position for 3 – 5 breaths, then return your leg to the ground and your arms to your sides.

Step 5. Repeat with your opposite leg.