



808

Event Warmup

With every part of this, go only as far, fast and long as you feel comfortable. a good target is to do eight reps of each movement, or to count slowly to eight and back down to one in the poses.

- Feet shoulder width apart, stand tall.
- With hands on stomach, inhale and exhale for a count of 2, then 4, then 6 then 8, feeling the stomach rise and fall with your hands.
- Stretch arms out to the sides and then up, locking hands in prayer position, looking up at the hands as you reach as high as you can. Really feel the stretch.
- Slowly lower the arms outwards to each side, pushing the hands away and feeling the arms working hard.
- [If in restricted space, just raise the arms straight up and down in these last two steps.]
- Bring your hands together behind you, clasping them and extending the arms out behind you, squeezing the shoulder blades together.



- Keeping the hands locked behind you, open your mouth as wide as you can, tilt your head back, then close your mouth and feel the stretch in your throat.
- Bend forward, still with the arms locked behind you, raising your hands as high as you can above your back.
- Release the arms and stretch down, keeping your legs straight and bending from the waist, placing hands on the floor, your feet, or holding any part of your leg that you can reach.
- Slowly come up and stretch right up again, reaching for the stars.
- Arms slowly down, pushing out to either side. [Or straight up if in restricted space, in which case add shoulder rolls forward and backwards here.]
- Side bends on each side, with top arm extended over your ear (or as close as you can get) and lower hand sliding down the outside of the leg you are stretching towards. Be careful not to twist here: stay forward-facing for maximum benefit. [If in restricted space, keep both arms by your sides as you bend sideways.]
- Come up and stand tall with feet together to finish.

As with all of these physical practices, please be gentle with yourself.

Breath well and don't ever strain. Over time, with gentle practice, you will see natural progress, even if you feel very stiff at first. Be patient!