





































# Standing sequence - Gentle

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- 1)  check-in / grounding visualization
- 2)   6x
- 3)    6x, optional stay
- 4)    3x then stay  6 breaths.  
repeat #4 on other side
- 5)    or  6x
- 6)    6x / alternating sides.
- 7)  circle arm. , repeat on other side
- 8)     6x opt. stay
- 9)   (twist)
- 10)    or   or  or  
- 11)  or  or  or  rest