

Let's Take an Energetic Break - For Seminars / Workshops I

It's time to move after sitting for so long

Lower your head, then return to the starting position

Raise your head, then return to the starting position

Tilt your head to one side, then return to the starting position

Repeat on the other side

Straighten both arms out in front

Then turn your body to one side and maintain the posture

Return to the starting position, then repeat on the other side

Return to the starting position

Stand up and march to a spot with more space

Stand with your feet slightly wide apart

Push both arms forwards

Open arms out to the sides

Lower your arms to the resting position

Rotate shoulders backwards with both hands on top of shoulders

Spread arms in a big circle

Rotate shoulder backwards with one hand on top of the shoulder

Make a big circle with the arm

Repeat with the other shoulder and arm

Bend sideways at the waist

Return to the starting position

Bend to the other side

Return to the starting position

Repeat one time

Return to the starting position

Repeat one more time

Return to the starting position

Place one foot a step forwards with arms akimbo

Lift the foot up

Put it down on the floor and return to the starting position

Repeat with the other foot

Repeat one last time

Place one foot a step forwards and clap the hands

Repeat the movements

Repeat one last time

Straighten one arm out with palm facing forwards and fingers facing up

Pull back the fingers with the other hand

Hold the stretch

Lower your arms to the resting position

Repeat with the other arm

Lower your arms

Make a circle by wrapping your arms around yourself

Open and lower your arms to the resting position

Repeat the movements

Lower your arms, then lower your head

Return to the starting position