

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

It's time to move! Get set, then bend your arms

Repeat the movements

Repeat the movements twice at a faster tempo. Quick, quick, then relax

Quick, quick

Point one foot forwards

Repeat the movements at a faster tempo

Put your legs together. Repeat the movements with the other foot

Open your arms

Repeat the movements at a faster tempo

Repeat the movements

Repeat the movements at a faster tempo

Chest out, chest in

Repeat the movements at a faster tempo

Stand with your feet apart

Repeat the movements at a faster tempo

Open and close your arms

Repeat the movements at a faster tempo

With your legs

Open, close

Inhale, step, relax, palms together, inhale

Stretch one arm, then relax

Repeat on the other side

Clap, clap, clap, clap

Repeat the movements at a faster tempo

Rub your palms together. Move your hands from head to legs

Raise your shoulders

Repeat the movements at a faster tempo

Open, close

Follow the motion of your hand with your eyes