

- Roll down the spine, vertebra by vertebra, with hands tracing the backs of your legs to a count of 8
- Release the knees and walk your hands out in front of you into a plank to count of 8
- Bring one knee up to the corresponding elbow and stretch leg back down to plank/ repeat with other leg to a count of 4
- Release the knees and walk your hands back to bring yourself into a position in which you are hanging down from your hips, with knees still released and hands on the floor, head released down, arms hanging loose from shoulder joints, to a count of 4
- Bounce the knees to instigate this movement: Imagine a marble rolling along long the floor in front of you and a 3 or 4 feet up the wall opposite you. Follow the marble with your eyes, allowing your spine to be a concave shape, extended the head upwards, for a count of 2
- Bounce the knees to instigate this movement: Follow the marble back from the wall and along the floor, bringing your spine into a convex position and allowing the head to hang down, fully released, straightening the legs a little, until you are hanging from the hips, for a count of 2
- Release the knees and roll back up the spine, vertebra by vertebra, with the head hanging loose, coming into alignment last, to a count of 8
- From standing, keeping the feet in parallel, gently twist the spine by turning the shoulders to one side, then the other, looking in the direction of movement, a little past the rear shoulder, with arms swinging loosely, to a count of 8
- Keeping your feet in parallel, lean from the hips to one side, then the other, making "S" shapes with the arms, lower hand behind the body to a count of 8
- Repeat last move with lower hand now in front of the body, to a count of 8
- Freestyle arms
- REPEAT FROM THE BEGINNING.