



FACILITATOR NOTES

Easy Does It

4m 06s

This session is categorised as: Quick Brain Break, Yoga, Calming, Flexibility, Intermediate



Let's learn how to use calming music and movement to breathe life and energy into our day!

Movement	Seated modifications	Other modifications	Progressions	Watch points
Orangutan Stretch	Reach your left arm up above you and lean your upper body over to the right. Push your left hip down and away from your left arm if you can. Hold for 5 deep breaths and switch sides.	Stand with feet hip-width apart on the floor and do the upper body part of the Orangutan Stretch.		* Hips, shoulders and arm facing straight ahead (not leaning forwards) * Bottom hand pushing into your leg
Peacock Pose	Lean forward from your hips with your back straight. Clasp your hands behind your back. Lift your arms as high as you can (with back straight and chest proud).		Try doing Peacock Pose balancing on one foot	* Standing tall (chest upright) * Shoulders down and neck relaxed
Wolf Tilt	Do Wolf Tilt seated			* Sitting or standing up tall * Keeping shoulders level * Slow, gentle stretching



Movement	Seated modifications	Other modifications	Progressions	Watch points
Meerkat Mission	Massage the top of your legs with your elbows.	* Do Meerkat Mission while holding a sturdy desk or wall to help you balance. * Lie on your side with straight legs and knees together. Bend your top knee and pull your foot up towards your bottom. If it's too tricky to balance, do this stretch lying on your tummy instead.	Try Meerkat Mission with your eyes closed, to challenge your balance	* Standing up tall, like a meerkat * Neck and shoulders relaxed * Bottom tucked under * Knees together
Chimpanzee Swing	<u>Seated:</u> Make sure it's a sturdy chair. Place your hands on the sides of your chair, halfway between the front and back of the chair (so the chair will stay still and balanced when you lift your bottom). Push down through your hands to lift your bottom off the chair (and feet off the floor also if you can). <u>Wheelchair:</u> Make sure the wheelchair brake is on and you position your hands on the middle of your armrests. Push down through your hands to lift your bottom off the chair.		Hold one foot up off the floor while doing the Chimpanzee Swing.	* Shoulders down and back * Chest upright * Tummy muscles squeezed