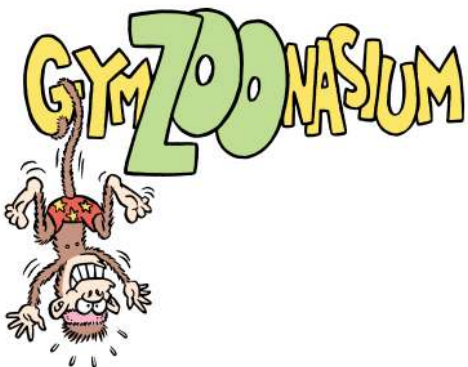




FLOSS OUT THE FUZZIES

3m 26s



Do you have days when you feel a bit fuzzy?
Let's learn a few moves to help us floss out the fuzzies!

Movement	Seated modifications	Other modifications	Progressions	Watch points
Bat Hang	Stretch your body out (towards the ceiling) and then bend over to touch your toes.		* In the Bat Hang position, hold your ankles and gently pull your body closer to your legs. * Start standing, with your left foot crossed over the right. Do the Bat Hang with your legs crossed like this.	* Knees straight
Brachiosaurus Reach	Sit very tall. Reach your arms above your head and arch your back to look up towards your hands. Tuck your bottom under (tail between your legs).		While doing the Brachiosaurus Reach... - Lift your front heel off the floor, to challenge your balance, or - Gently lean your arms and upper body over to the side of your front leg	* Feet hip-width apart, rather than straight in front of each other * Knee of your bent leg above your ankle * Back leg long and straight



Movement	Seated modifications	Other modifications	Progressions	Watch points
Forest Floss	Put your arms straight up in the air. Twist your upper body to one side. Do the Forest Floss arm movement upside down (i.e. with your arms up in the air moving on either side of your head). Then repeat facing the other side.	* Slow it down * Practise the Forest Floss hip movement by itself. Then practise the Forest Floss arm movement by itself.	Speed it up	* Arms swinging in the opposite direction than hips * Legs and arms straight
Butterfly Breathing	Do Butterfly Breathing in your chair, using your arms as your butterfly wings.			* Breathing in time with your 'wings' * Breathing in through your nose and out through your mouth * Back straight, and shoulders down and relaxed