



NEAR AND FAR

4m 20s



Sometimes it feels good to hold our body close, and be small and still.
Sometimes it feels good to spread out our body and take up lots of space.
Let's try both today, with Eagle Twist and Dragonfly Zoom.

Movement	Seated modifications	Other modifications	Progressions	Watch points
Eagle Twist	Just do the upper body part of the Eagle Twist	Raise your left arm out in front of you. Use your right forearm to gently pull your left arm across your body and towards your chest. Hold for 5 deep breaths, then switch sides. Do the Eagle Twist standing on two feet (instead of lifting one foot).	Try the Eagle Twist with your: - Eyes closed, to challenge your balance, or - Foot lifted higher off the floor and twisted around the opposite leg	* Standing tall (chest upright) * Shoulders down and neck relaxed * Focusing on something still (at eye height in front of you) * Breathing deeply
Dragonfly Zoom	Lean forward with a straight back. Stretch your arms out wide like wings. Squeeze your shoulder blades down and back to hold your wings high for 5-10 deep breaths.	Do the Dragonfly Zoom with your hands on the desk in front of you, or pressing against a wall in front of you.	While doing the Dragonfly Zoom: - Lift your leg and/or arms slightly higher, or - Put your arms out in front of you, instead of out to the sides	* Hips and shoulders parallel to the floor * Arms and legs straight * Actively stretching head and lifted foot away from each other