



**base for focus I**

**base for focus II**

- 1. stand tall
- 2. sunrise
- 3. sunset
- 4. tree in breeze
- 5. cliff dive
- 6. forward bend
- 7. open chest
- 8. curl like a ball
- 9. twist each way
- 10. lie on back
- 11. criss cross

- 1. kneeling position
- 2. table
- 3. wolf
- 4. cat
- 5. like a triangle
- 6. forward bend
- 7. sunrise breath
- 8. V pose
- 9. dive forward
- 10. twist arm up each way
- 11. bend one knee
- 12. sunrise up
- 13. V pose
- 14. stand tall

**base for energy I**

**base for energy II**

- 1. beach ball
- 2. table top
- 3. chair
- 4. forward bend
- 5. drop swing
- 6. one leg back arm swing
- 7. balancing pose
- 8. sunrise
- 9. sunset

- 1. seated kneeling position
- 2. curl like a ball
- 3. table
- 4. lunge position
- 5. open chest
- 6. side stretch
- 7. side stretch
- 8. twist
- 9. twist
- 10. arm circles
- 11. stand tall