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Separate your legs like scissors	Muscles glued onto the bones
Waterfall your arms	Spine as coloured building blocks and re-stack
Run a marble around the face of a clock	Feet creating footprints in sand
(centring pelvis)	Imagine your belly is like a floating water raft,
Imagine you are working between two panes of	inhale and exhale to inflate and deflate
glass	Plant feet to floor like a rooted tree
Swimming like an aqua man	Imagine your trunk like a dolphin arching out of
Imagine the diaphragm as an elevator (standing	the water
position)	Slide your shoulder blades down your back and
Imagine Puppet strings on your hips pulling	into your back pocket
them up	Imagine a paintbrush attached to your toe and
Stand straight like a toy soldier	paint a circle
Roll out the dough	Legs strong as steel rods
Shoulders melt down	Spine like having a broomstick down your back
Spread arms like an albatross	Imagine a heavy dinosaur tail extending to the
Picture your spine curling over like a wave	floor (pulling bottom down)
Imagine your spine rolling up like an autumn	Buttons fastening the back of your legs and
leaf or a piece of paper	glutes together
Imagine painting a balloon in the sky with your	Imagine an accordion in your ribcage
toe	Arms and legs like a dart
Hollow your belly like a fish bowl	Head being lifted up by a balloon
Spine is like a bicycle chain	Two balloons tied to wrists
Contract your abdominals like a zipper down the	Beat like a drum (100)
front of your body	Patting a puppy's head (100)
Picture your heels being pulled together like	Dip your toe in the water
strong magnets	
Lungs like bellow	Imagine you are unbuttoning a cardigan – roll up button by button
Light sabres out at the fingertips	

Separate your legs like scissors Waterfall your arms Run a marble around the face of a clock (centring pelvis) Imagine you are working between two panes of glass Swimming like an aqua man Imagine the diaphragm as an elevator (standing position) Imagine Puppet strings on your hips pulling them up Stand straight like a toy soldier Roll out the dough Shoulders melt down Spread arms like an albatross Picture your spine curling over like a wave Imagine your spine rolling up like an autumn leaf or a piece of paper Imagine painting a balloon in the sky with your toe Hollow your belly like a fish bowl Spine is a pearl necklace lift the spine off pearl by pearl and lower the same way. Contract your abdominals like a zipper down the front of your body Picture your heels being pulled together like strong magnets Lungs like bellow Light sabres out at the fingertips Muscles glued onto the bones Spine as coloured building blocks and re-stack Feet creating footprints in sand Imagine your belly is like a floating water raft, inhale and exhale to inflate and deflate

Plant feet to floor like a rooted tree

Imagine your trunk like a dolphin arching out of the water

Slide your shoulder blades down your back and into your back pocket

Imagine a paintbrush attached to your toe and paint a circle

Legs strong like steel rods

Spine like having a broomstick down your back

Imagine a heavy dinosaur tail extending to the floor (pulling bottom down)

Buttons fastening the back of your legs and glutes together

Imagine an accordion in your ribcage

Arms and legs like a dart

Head being lifted up by a balloon

Two balloons tied to wrists

Beat like a drum (100)

Patting a puppy's head

Dip your toe in the water