

Week 1

Week 1: Connection

(Remove shoes)

Stand (or sit) with feet firmly on the ground, arms dangling at sides.

Breathe in, lift arms slowly in an arc (palms up) until they meet above head.

Breathe out, lower arms slowly in an arc (palms down) until they touch sides of body. (2X)

You are amazing *Breathe in, lift arms slowly in an arc (palms up) until they meet above head. just the way you are. Breathe out, lower arms slowly with palms facing head and elbows bent until hands rest together in a small cross below chin.*

You have the power *Swing arms out and wiggle fingers once extended. to connect with others. Sway side-to-side, arms still extended and fingers wiggling*

You have the strength *Bring arms in to center, making fists and holding with elbows out to care for the earth. Move arms with fists diagonally (simultaneously right up & left down, then back to center, then left up & right down, then back to center)*

You are God's child *Slide fistled hands down body to waist, then open hands and circle arms above head.*

held in God's embrace. *Bring arms down and hug self.*

Key words (for flow): **You, others, earth, God**