

# Natural Movement

*Maria's Place does not bear responsibility for any injury sustained while following our exercise programs.*

*Before undertaking any exercise routine, please consult your doctor and use common sense while exercising.*

*Listen to your body and be mindful of any existing medical conditions.*

Stand with your feet hips distance apart.  
Begin to sway gently from side to side.  
Connect energetically with your feet.  
Connect with a playful heart.

Beginning to alternate lightly lifting your big toes as you move side to side.  
Start to allow the movement to find its way to your arms and shoulders.  
Step your feet out to a little bit wider base.  
Continue to sway side to side in your full body.

Float your arms overhead and back down while continuing your sway.  
Allow the movement in your arms to become playful.  
Slow your movement, lower your arms and come to stillness.

Shift your weight back and forth from heels to toes.

Reach one arm up and extend your opposite leg to create an asymmetrical line.  
Switch sides and repeat the asymmetrical extension.  
Play with lifting the heel of your extended leg.

Ground both feet and bring your hands to your hips.  
Begin to slightly lift one leg at a time.

Ground into one foot and point the other leg forward and back.  
Switch legs and repeat the same movement.

Ground into both feet and gently bend your knees.  
Sweep your arms down to your side and up to the sky alternatively.

Step your feet out to hips distance apart.  
Swing your arms side to side allowing them to swing freely.  
Slow your movement to stillness.

Step forward and back with one foot leading.  
Switch the lead foot and continue to step forward and back.  
Take a little walk around your space and integrate your movement in a natural way.  
Return to the center of your mat.

Step your feet out to hips distance.  
Gently bounce by softly bending your knees.  
Sweep your arms up and down.  
Reach your arms overhead for flying breaths.  
Open your arms to a T.  
Wrap your arms around yourself for a big hug.

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