

## Moving Palm Trees

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- Starting in Mountain Pose, take a few breaths.
- Interlace hands in front of you, and then flip hands over so palms are facing away from you.
- Inhale arms over head, look up at the back of your hands, stretch toward the sky, stand on toes as able. Hold for 3+ breaths.
- Lower arms to front of you. Turn your torso to your right keeping your hips facing forward. Inhale your arms up, looking at the back of your hands. Breathe and hold for 3+ breaths. Lower arms and slowly and turn back to center. Repeat to left side.
- Raise joined arms overhead. In hale, on exhale bend to the right. After 3-5 breaths, slowly inhale back to standing. On your exhale, repeat to left.
- Release hands and lower arms down and out to sides. Arms are perpendicular to body with palms facing up. Inhale and as you exhale, twist slowly to right. Eyes will look to right, toward right shoulder. Hold for 3-5 breaths. Untwist slowly back to enter and repeat twisting to left. Return back to center and relax arms.
- Forward Fold: Inhale arms up towards ceiling. Exhale folding at hips. Hands and head hanging down or resting on back of chair. Bring arms around back. Grab hands and rest on lower back. Push hands away from lower back for a few breaths. Lower hands back to lower back. Bend knees and slowly stand up. With hands on lower back, do slight back bend for 2-3 breaths. Slowly stand up and release arms.
  - Option: Hold a belt, scarf, or rope between hands, behind your back hip width apart, to enable greater lifting of your arms.
- Sweep arms up as you inhale. Bring hands together overhead and then exhale to heart center. Take a few breaths.