

## Warm-ups... Rotating Joints

**Wise owl.** Moving on to the neck. Loosen neck by rotating the head to the right as far as you can, leading with your eyes and when you can't stretch your neck any more, , exhale to allow you to go a little farther and stretch your eyes to look behind you. Then return to center and rotate your head to the left side, going as far as you can, exhale to go a little farther, look behind you and then return to center.

**Rotate tendons.** Then moving on to the shoulders. Lift your arms to shoulder height, rotating your palms in the opposite direction. Now stretch your arms and wrists, pulling your arms in the opposite direction as far as you can on one side (without injuring yourself), and then turn and face your hands. Now pull a little harder. Turn and do the same on the other side.

**Standing Snake Body.** Rotate rib cage

**Rotate hips.** Moving on to the hips. Begin by rotating the waist, rocking the hips back and forth, doing slow circles one way and then turn and circle the other way. Next we'll do "**Hula hips**". Begin moving your sacrum, imagining that you're drawing small circles between your legs with your tailbone. Then switch directions.

**Rotate knees.** Moving on to the knees. With knees together, squat with your hands on your kneecaps, rise rotating knees to outside, do a couple of rotations in one direction, then turn and rotate in the opposite direction. Next squat with knees together, lowering yourself toward your heels as low as you can squat safely. Do not over do any of these stretches.

**Rotate ankles.** Moving on to the ankles. Standing on your right foot, place your left foot behind you and begin to draw small circles in one direction on the floor behind you with your big toe and then switch directions. Now bring your left foot in front and draw small circles on the floor in front of you. Now balance on your right foot and draw small circles in the air with your left leg. Do the same exercises with your right leg. Now balance on one foot, rotate your toe-ankle in one direction, then rotate your toe-ankle in the opposite direction. Now balance on your right foot, rotating your left ankle, circling in one direction and then circling in the other direction. Repeat these exercises with your right leg.

Remember to get a good stretch from these movements, however, do not over stretch, and follow the rule of no more than 80% of your maximum unless you have an injury and then only 40% until the injured area heals, gradually working back to 80%.