

## ROCK 'N ROLL PLANK

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Place your **HANDS** at the top of the yoga mat, shoulders float directly above your hands.

**STEP** the feet back one by one, and come into a high “plank” (*a plank is a board... keep it level*).

Rock and Roll ...

**ROCK** forward, rock backward, and rock from side to side.

Inhale and exhale ... *breathe*

**LOWER** the body slowly toward the floor, then **ROLL** forward onto the feet tops.

**PUSH** your hips into the mat, and

**PRESS** your hands firmly into the floor.

**LIFTING** the head, the nose, and the chin up,

**LIFT** the heart too.

*See this ...*

The heart (*that is a cup*), **FILL IT UP!**

**FLEX** the buttocks, to strengthen the lower back

**TUCK** your chin to your chest

Inhale and exhale ... *breathe*

