

## SUNSHINE - STARLIGHT “A”

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Spread your **ARMS OUT** and reach wide, turn your palms up

Inhale.

Sweep your **ARMS UP** overhead, and **REACH HIGH**

Exhale ... *breathe*

**MATCH** your fingers together, and **MATCH** your palms together.

Inhale and exhale ... *breathe*

**PRESS** your hands together firmly. **PUSH, PUSH, PUSH.**

Inhale and exhale ... *breathe*

Let your hands **FLOAT** very slowly down to the area of the heart

*See this ...*

**BRING** a bit of sunshine-starlight to the heart

Inhale and exhale ... *breathe*

