

SUNSHINE - STARLIGHT “B”

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

Inhale.

Sweep your **ARMS UP** overhead and reach high, turning your palms up, like your holding up the sky

PUSH, PUSH, PUSH.

Exhale.

FOLD the body forward very slowly, like a diving swan

REACH far forward, **LENGTHEN** the arms from the hips to your finger tips, as you continue folding ...

TOUCH the Earth (*or just reach for it*)

Inhale and exhale.

Lift your **HEAD** and your **NOSE UP**, look far ahead of you, beyond the mat

Inhale and exhale.

FOLD forward again, take hold of the back of your legs

Point your **ELBOWS OUT**.

PULL the forehead toward your knees

Inhale and exhale ... *breathe.*

