

SUNSHINE - STARLIGHT “C”

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

Inhale,

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

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

Exhale ... *breathe*

Inhale,

TURN HANDS so palms face outward, slowly **LOWER ARMS** to shoulder level.

Exhale ... *breathe*

PRESS your hands out in either direction,

Inhale and exhale ... *breathe*

See this ...

Hold **OPEN SOME SPACE**, *space just for you.*

PUSH, PUSH, PUSH.

Bring your arms inward and press hands together, over your heart.

RELAX your shoulders.

Inhale and exhale ... *breathe*

