



Stand next to the wall, feet parallel. Use your hand closest to the wall for balance stability. Bend the knee of your outside leg and take a breath in. As you exhale, draw your lifted-leg thigh back, as if you are kicking something with your heel. Do this move mindfully, keeping your core engaged and your tailbone long. Look for sensation in your seat, core, and hamstrings, not your lower back. Do between 5-20 donkey kicks and then switch sides.



Stand next to the wall, feet parallel. Use your hand closest to the wall for balance stability. Inhale and lift your outside leg, and as you exhale swing it away from you. As you continue this movement, try not to lean toward the wall. Keep your core engaged and your tailbone long. Your feet should remain parallel to each other (toes pointing forward) even as you swing your leg out to the side. Do between 5-25 leg swings and then switch sides.



Begin standing with your feet much wider than hip distance apart. Inhale and bring your arms overhead in a V.

As you exhale, bring your hands together overhead and draw them to the space in front of your heart. At the same time, bend your knees to come into a wide-kneed squat. Inhale and begin to straighten your legs, as you reach your arms out and then up. Repeat, exhaling as you draw your hands down the mid-line and flow into a squat.