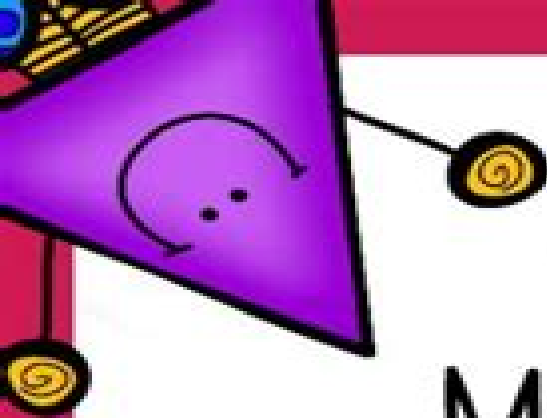
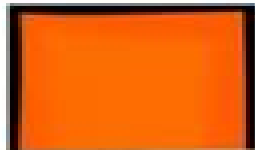




Shapes

Movement Pack

RECTANGLE



SQUARE



Square

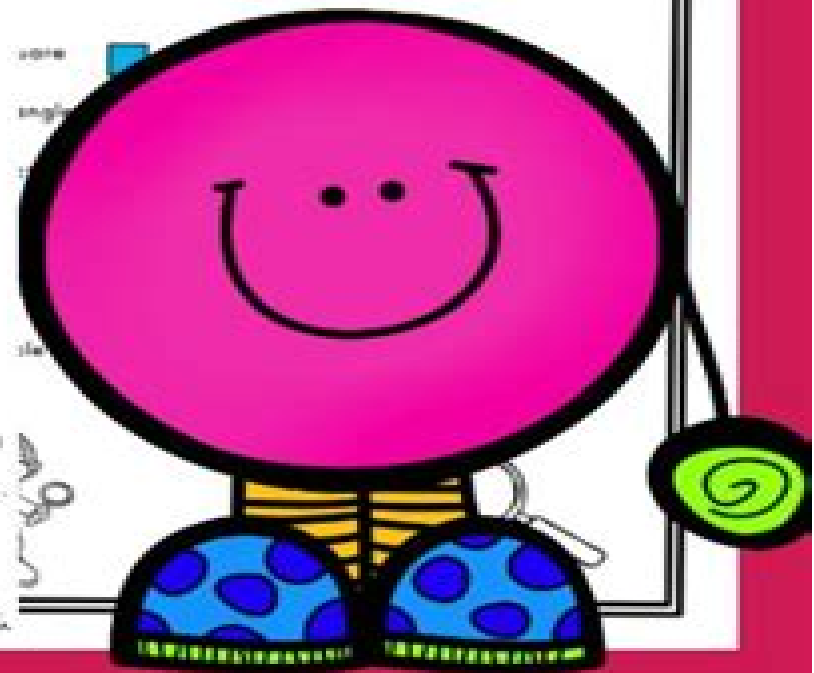
1. Stand tall with your arms at your sides.
2. Bend forward at your hips.
3. Let your hands hang in front of you, touching the floor if you can.
4. Hold the pose and breathe or if you feel like it, let your arms swing.



Crescent

1. Stand tall with your feet flat on the floor.
2. Lift your hands above your head putting your palms together.
3. Breathe out and lean towards your right, leaning on the floor.
4. Breathe in and go back to standing straight.
5. Breathe out and tip towards the left side.

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