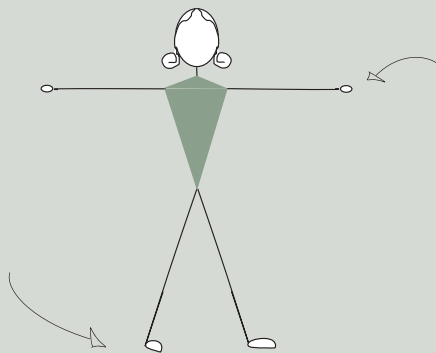


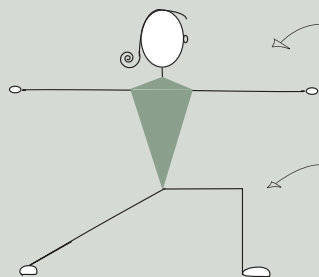
## Warrior

Step your feet wide apart and turn your right foot at right angles. Make sure your right knee faces the same direction as your right foot. Now, turn your left foot out slightly.



As you breathe in, bring your arms up to shoulder height.

Breathe out and relax your shoulders.



Turn your head to look softly ahead toward your right front fingers.

With your next out breath, bend your right knee so it stays over your right ankle.

Take a few breaths while you settle into the position. Feel strong and grounded. When you are ready, gently straighten your front leg and lower your arms to stand up. Repeat on the other side.

Can you feel your inner strength as you breathe in from your feet to the top of your head?

Can you feel the outside of your body softening as you breathe out, down into your feet?

Can you feel like a strong warrior about to face your next learning challenge—strong on the inside and soft and gentle on the outside?

To order the book, *Move the Body Stretch the Mind*, follow the link to [www.windsoundlearning.ca](http://www.windsoundlearning.ca)