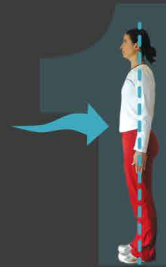


STRAIGHTEN up NZ

KIWI'S STANDING TALL

**INNER
WINNER**
PULL BELLY BUTTON
TO SPINE



STAR



**TILTING
STAR**
2X SLOWLY



**TWIRLING
STAR**
REVERSE 2X



**HANDS
UP** **TWISTING
STAR**
ALTERNATE 1.5 SEC



TRAP OPENER
1 RELAX HEAD SIDE TO SIDE
2 MASSAGE BACK OF NECK
3 ROLL SHOULDERS 1.5 SEC



THE EAGLE
DRAW SHOULDER
BLADES TOGETHER
3X



HUMMING BIRD
DRAW SHOULDER
BLADES TOGETHER
CIRCLE



BUTTERFLY
ELBOWS FOWARD
PRESS HEAD BACK HOLD
3X



TIGHT ROPE
BALANCE 20 SEC PER SIDE



WASHING MACHINE
GENTLY SWAY SIDE TO SIDE



THE TRIANGLE
TURN FOOT OUTWARD
GENTLE STRETCH 10 SEC PER SIDE



SHAKE IT OUT



KEY



Breath



Movement

Design by Felicity Cameron