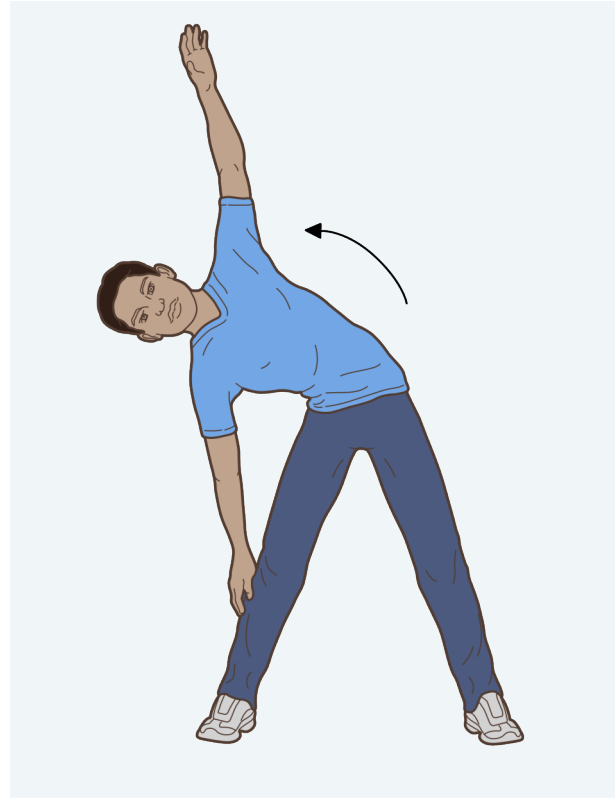




1. Stand tall, head up high and pull in your belly button. Spread your arms and legs into a star shape.



2. Breathe in through your nose as you slowly stretch one arm over your head. Slide your other arm down your leg.
3. Slowly tilt your star to the other side and breathe out through your mouth.
4. Repeat both sides.

*Where did you feel it in your body?*

5. Now repeat the star stretch but this time focus on one of the body parts you identified in step 4.

*Where did you feel it in your body this time doing the star stretch? Did you feel it in the same place or somewhere new?*