

Whirlwind Breath

ENERGY UP



Cues: when you are ready...

- Let's stand up tall.
- Breathing in, reaching our arms up over head.
- Breathing out, moving our arms half way, in front of our chests
- Breathing in, stretching our arms out, to the side.
- Breathing out, bring our arms back half way.
- Breathing in, reaching our arms up over head. Stretch up!
- Ready - let's hinge at the hips, reach for our toes and breathe out haaahhhh.
- Let's slowly roll up to standing.
- Repeat 2-3 times.

Physical Benefits:

- Awakens and energises the body.
- Increases oxygen levels.
- Integrates the whole body.
- Increases coordination and motor planning.

Mental Benefits:

- Awakens the mind.
- Releases tension and stress.

Trauma-Informed:

Some students may not feel comfortable taking a forward bend, especially if they have others practicing behind them. Frame this as an invitation 'if you would like to, it could feel nice to hinge at the hips and bend forward as you breathe out, like this.' Demonstrate how it will look. Then, give the option to remain standing for the breath out if they prefer. Respect students' choices.