Outer Space

- 1. Stand with your feet wide apart and knees slightly bent.
- 2. Raise your arms high and spread your fingers wide.
- 3. Take a deep breath in. Imagine you are breathing in the stars & planets.
- 4. Hold your breath in for a moment.
- 5. Bend forward and let out a long sigh.
- 6. Slowly come back up to stand.

