**NINJA PAK**

Add: *Jo crossovers, Jim qigong, arms and kick, dropping and catching.*

Any Move, Settle into Neutral, WUJI

3 Breaths Together - Gather

Shift Weight / *ROTATE*

Swing Arms & Clap -- MASSAGE & FORWARD FOLD

Gather

JOINT CIRCLES –

Shoulder Elbow Hands

Chest Hip Ankle Knee FORWARD FOLD

*WIGGLE/ Spine / Shake / Bounce*

Gather

LEGS KICK

SQUATS – “pick something up”

NECK x 3 GATHER NECK #4 pressing tablet

STRETCH

HORSE RIDING / Figure 8s

Gather

*WIGGLE/ Spine / Shake / Bounce*

Gather, wash , store

WUJI