CLASS 1.2 Soft Movement: Circular & Continuous

Just like my Breath, my Movement is Continuous, Smooth w/ Even tempo, and comfortable. Natural.

HORSE ---Holding the ball, expand with inhale, back to center exhale

**OPEN 16Open**

**Figure 8 hips** – Neutral, then expand

**///FOOTWORK///** side-stepping. Lateral, then cross overs

**Circles** – Neutral, Big Small (Cloud Hands)

Study: **Hands on wall** (w. side step)

**CLOSE/ Cross Hands**

**FLOW**

Open 16Open

Side-step (R) w.cloud x3 // Side-step (L) w.cloud x3

Cross hands / Close

**Practice**

Cloud Hands – Neutral & Side step

Pen on paper