Stand with feet about shoulder distance apart

Brings hands up in front of body - Palms up - inhale - bring to heart level – turn palms down and lower arms while exhaling. Do this three times

Turn palms up - Inhale - Bring arms out to the side as far as finger tips to edge of body

Exhale - bring arms down - Rest hands - right hand on top of left - tips of thumbs touching **- Pause here**

Inhale - Arms raise out to the side then to front  - bring in towards body - palms up - right hand above left

Turn right hand palm down - exhaling lower hands - left hand below navel right hand above - **Pause here**

Exhale - right hand moves down to left hand then turn hands - finger tips towards the Earth

Inhale bringing arms out and up over head - Exhale bringing down into prayer posture - **Pause here**

Exhale -  extend arms out in front of you - palms out - fingers up - **Pause here**

Inhale bringing hands towards body - palms up

Exhale extending arms out to the side - palms out - fingers pointing up

Do this three times and Pause on the third time of arms extended to side – **Pause here**

Inhale bringing arms to front - bring hands toward body - palms up

Exhale turn hands - palms up and bring arms over head 

Inhale bring arms down to the side around to front -palms up - then bringing in to body and over your head again

Do this three times and Pause on the third time with arms above head – **Pause here**

Exhaling slowly bring hands down in front of body - palms down

Inhaling bring arms out and up and again exhaling down the front of body

Do this three times then pause with right hand resting on left - palms up - **Pause here**

Lace fingers together - inhale bringing hands up to heart level and raising up on toes

Big exhalation through nose or mouth as you drop down on your heels and bring hands down

Do this three times then rest - Pause -  with fingers laced - palms up - **Pause here**

Inhale bring arms out to the side then up - and exhale slowly down the front of the body palms down

Do this three times

Rest in whatever position is right for your practice