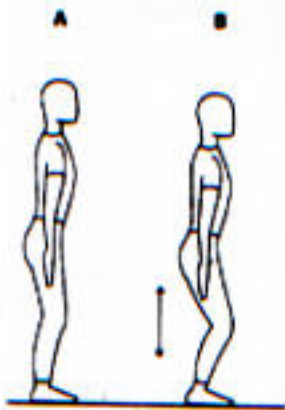
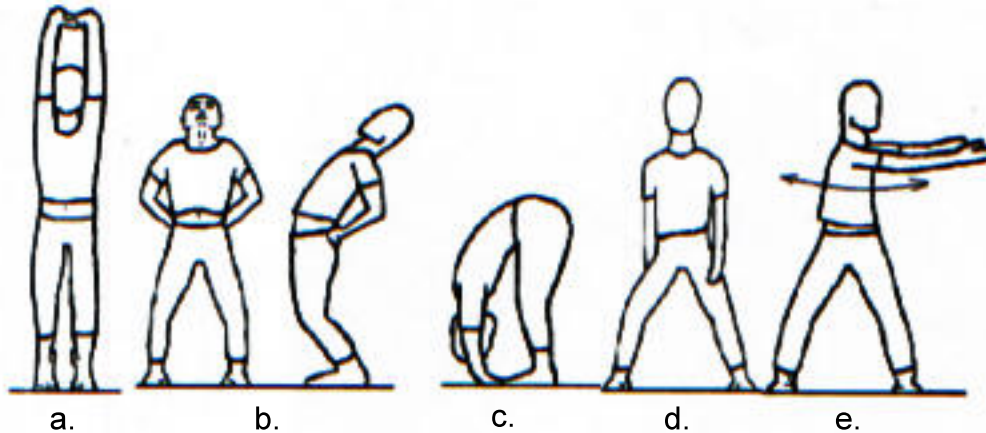


Shaking exercise



- Shake your whole body from the heels up to your head
- knees are always slightly bend
- breath deeply

The Stretching



- a. - fold your hands and stretch your arms up, with the palms facing the ceiling
- stand on your tiptoes and stretch your whole body
- b. - form fists with your hands and place them on your lower back above the pelvis
- lean back and stretch your chest
- c. - your upper body hangs relaxed to the front and you come slowly up again
- d. - circle with your hips 3x to one direction and 3x to the other direction
- e. - stand with your feet parallel to each other and the legs a bit spread apart
- put your arms parallel to each other to the front
- the palm of your hands are both turned to one direction
- swing your arms in one direction, but the legs and the pelvis do not move
- while turning your arms to the other direction you also turn your hands

4x7 Standing



- breath in counting to 7
- hold your breath and count to 7
- breath out counting to 7
- hold your breath and count to seven