

Swaying Trees Script

This exercise is called Swaying Trees.

I invite you to Keep your eyes open for this exercise.

Sit tall or stand with your feet apart.

Balance evenly on both feet or on your bottom.

Now imagine that you were a tree in the wind,
and your arms are the branches.

Swing your arms side to side like swaying branches.

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B

Now fold at the waist and keep swaying your arms.

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B

Come up slowly, continually swinging your arms side to side.

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Bend and sway until you feel as free as a tree moving in a light breeze.

B

And together, let's finish the exercise by taking three soft, slow, mindful breaths.

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Notice if your body feels different from how it did before the exercise. .



MOOD Kit