



BLISS STATIONS

HORIZONTAL > High Energy > Fast Walk (increase heart rate)

VERTICAL > Low Energy > Slow Walk / Stop & Listen to heart rate & blood flow)

WHOLESOME > Misalignment (lead with different parts of body) & Alignment (attention to proper posture, open shoulders, head held high, symmetry in arms, legs, hips, knees, feet, etc.)

GROWTH > Contract all muscles, Hold, Relax & then Stretch

RESULTS > Circular Movements (figure 8's front & back, circling hips, hands/wrists, ankles/feet, neck, shoulders, etc.)

CHOICE > Bend & Extend (biceps, hamstrings, fingers, toes, neck, etc.)

COMMAND & CONTROL > Plank