

Whole Body Warm Up ©

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As adapted from information from Jeff M. and many other teachers

1. **Empty Coat Sleeves Swing** – stand with feet apart and start swinging your arms from side to side, letting your hand gently slap the opposite shoulder each time (just like your arms were empty coat sleeves, hanging loose and free). Let your whole body turn with the movement, letting the heel come up off the floor and looking back behind you. After about ten swings, then look over the *opposite* shoulder as you swing, thus letting your whole spine twist! Do this full twist a few more times.
2. **Scissor Arms** – hold your arms bent at shoulder height, with the forearms on top of each other. Swing each arm back on each side, toward your back, keeping them level with each other. As you swing each time, alternate the forearm that goes on top. Each time the arms are back and your chest is open, breathe out with a “ha”.
3. **Head Taps** – tap all over the top of your head with your fingers. Tap, tap, tap. Then use your fingers to rub every inch of your scalp, particularly on both sides of your ears!
4. **Face and Neck Massage** – using your finger tips, massage your cheeks, then go slowly up to your temples. Then use your thumbs to gently outline your eye sockets all the way around, down both sides of your nose, under each cheek bone and down to your jaw bone. Move on down to your neck, with fingertip tapping first, then massage the muscles, particularly the big ones on the back.
5. **Neck Openers** – Tip one ear down to the shoulder, and breathe once or twice. Reach over your head with the arm on that side to gently stretch your neck further if you wish. Release that arm, breathe in and lift your head up, then slowly tip to the other side, breathing out. Stay there a moment, again using your arm to press down. Breathe in, lift your head, and then turn it to one side, as though you were gazing at someone next to you. Breathe there, and then gently turn it to the other side. Breathe in, and face the front again. Then tip your head gently down to your chin, breathe. Breathe it up and gently tip your head back as far as comfortable. Do this twice if you like.
6. **Shoulder Rolling** - Slowly start rolling your shoulders in circles, forward, down, back and up. Take your time. Feel your shoulders opening up. When it feels right, stop and go the other way. Lift both shoulders tight up to your ears, hold them in a squeeze, and then drop them down free. Repeat. Now do this up and down motion faster, like jello jiggling up and down. Let your hands and arms flop free from your shoulders.
7. **15 Fingers** – Shake one hand, trying to see 15 fingers! Continue this as you raise your hand over your head. Then drop it down free. Do this with your other hand. And now do it with both hands overhead... 30 fingers! Drop your arms loose.
8. **Wrist Squeeze** – Circle your fingers around the other wrist, and begin squeezing up your forearm (toward the heart) not quite to your elbow. Repeat a few times, and then do the other forearm.
9. **Spider Push Ups** – Touch your fingertips and thumbs together, forming a little teepee. Pretend your hands are two spiders that are doing push ups against each other. Do about ten push ups.

10. **Palms Stretch** – push your palms together now, and bring them close in to your heart, chest height, like in a prayer position. Push your palms down toward the floor until you feel a stretch in the palms, and fingers. Open and close your fingers in this position a few times. Then turn your hands around so they are back to back, still close to your chest, and lift them up, stretching the backs of your hands.
11. **Belly Dance Wrists** - let your hands turn away from your body, and separate. Rotate your hands around your wrists, first one way slowly and then the other. Face your hands toward each other, and let your fingers “talk” to each other, wriggling each one separately.
12. **Shoulder Shake** – now shake your shoulders up and down again, as fast as feels right, letting your whole arm, forearms, wrists, fingers all be as floppy as possible. Let the motion come from the shoulders, and all the rest just jiggle loosely.
13. **Pelvic Clock** – bend your knees slightly, put your hands on your waist, and make circles with your pelvis and hips, slowly. Make the circles as big as feels right, not pushing too far too fast. Put your attention into the muscles in your hips.
14. **Fifteen Toes** – Stand on one leg and shake the other, letting the feet flop loosely. Let the motion go up into your hip as much as possible. Then do the other leg.
15. **Feet Openers** – Stand on two feet, rocking front to back on your heels and toes gently. Eventually, lift up on your toes as you rock, and as far back on your heels as you can without falling over! Try walking on your tip toes a bit, or balancing there for a minute. Then bounce on both heels at the same time, thumping down gently, about ten times.
16. **Open Toes** – Stand on both feet, and look down at your toes. Just as you stretched your fingers apart from each other, try to stretch and open the toes from each other. Try to make the toes move independently of each other! Let this be fun, and appreciate however much you can do this. You’ve probably never asked your toes to do this before.
17. **Ballet Dancer** – With one foot securely flat, lift the other foot up until your toes are pointing straight down. Roll your foot forward and let your toes bend as much as possible. You might get a cramp. If you do, just put your toes back on the floor and stretch them out flat. Try again, and then do the other foot. Be patient!
18. **Ankle Twists** – Lift one foot and pump the foot forward and back slowly, and then from side to side, and then in a circle. Then do the other foot.
19. **Thirty Toes** – Stand on one leg again and shake the other, really letting the hip, thigh, knees, calf, ankle, feet and even toes just flop and jiggle with the shaking. Don’t control any muscles except at the top of the motion. Do your other leg.
20. **Shake It Baby** - Starting at your toes and going up the body, start shaking and moving and reaching all your body parts in any and all directions, paying attention for what parts need more opening up! Close your eyes if you feel embarrassed. What is important is what this *feels* like! Just go with that.
21. **Slow Down, Stand** - When you feel ready, slow the moving down until you are standing in stillness, feet planted, chest lifted, eyes gently closed. Slow your breathing down, take some big exhales. Feel yourself as a powerful mountain, bathed in light. Smile. Slowly open your eyes. And smile again.