



Horse Stance



1



Stand up straight with your arms by your side.

2



Spread your legs until they are just over shoulder length apart.

3



Make sure your feet are facing forward.

4



Make sure your back is straight.

5



With your legs apart, squat down keeping your back straight as though you are riding a horse.

6



Keep your knees in line with your feet.

7



Place your hands on your hips.

8



Take a deep breath in.

9



Bring your right hand to the centre of your chest.

10



Push your right arm across and away from your body until your arm is straight while you breathe out.

11



Put your right arm down and bring your left hand to the centre of your chest. Take a deep breath in.

12



Push your left arm across and away from your body until your arm is straight while you breathe out.

13



Repeat these movements for at least two minutes.

