




























# PEACE ACTIVITY

A morning workout to inspire  
a sunny start to your Day

				
PRAYER HANDS	BOW (MY SOUL GREETES YOUR SOUL)	RISE - STRETCH PALMS FORWARD	THEN SIDWAYS (GREET WHOLE WORLD)	SQUAT TO SALUTE WATER
				
SCOOP HIGH INTO AIR	BEND TO THE RIGHT.....	AND THE LEFT SALUTING AIR	STRAIGHTEN	SALUTE FIRE (SUN) BACKWARDS
				
PIVOT TO THE RIGHT	SALUTE EARTH HEAD TO KNEE FISTS TO GROUND	RISE WITH OUTSTRETCHED ARMS	DESCRIBE A FULL ARC THROUGH AIR	PIVOT TO THE LEFT
				
SALUTE EARTH (STRONG MOVEMENT)	RISE MAKING HALF ARC	ARMS SIDWAYS LEGS STRAIGHT	SALUTE WATER WITH WRISTS CROSSED	BRING FOREARMS TOG. AND SHAPE LOTUS BUD
				
PUSH UPWARDS THROUGH WATER	INTO SUNLIGHT AND FULL BLOOM (SYMBOLISM)	BRING TO FOREHEAD (INTELLECT)	TO HEART (LOVE) CLOSE LOTUS	AND OFFER OUT INTO THE UNIVERSE