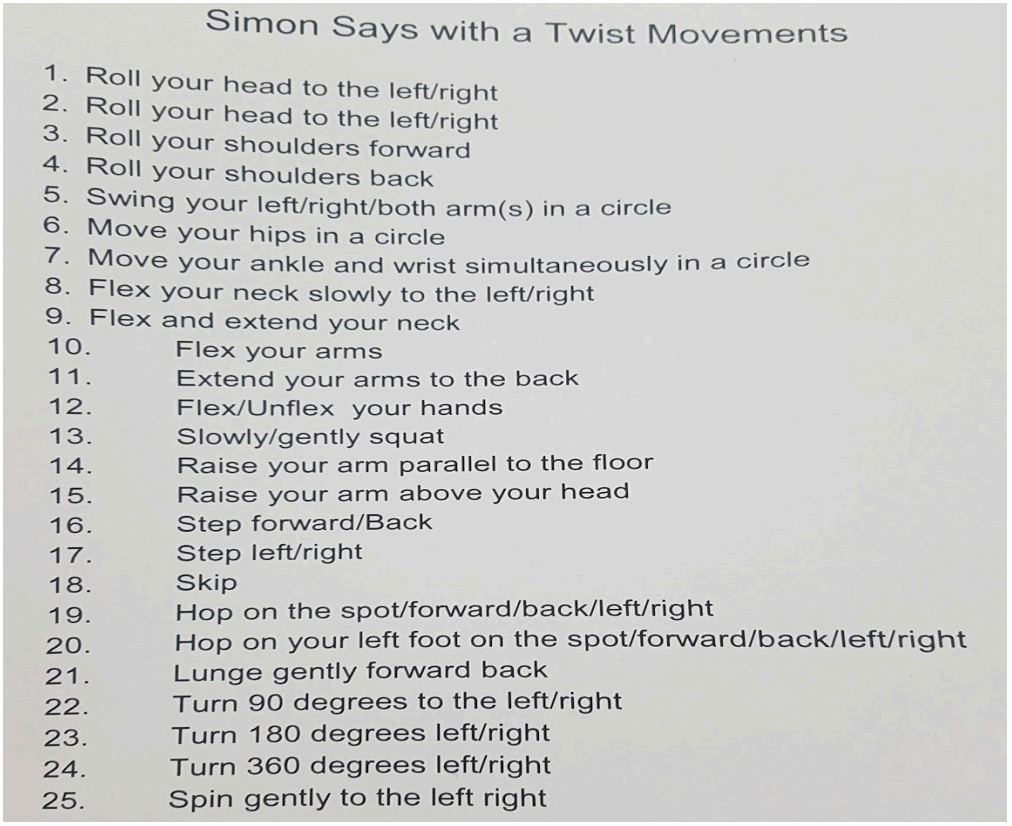
June 27th

1. Simon says



Simon Says with a Twist Movements

1. Roll your head to the left/right
2. Roll your head to the left/right
3. Roll your shoulders forward
4. Roll your shoulders back
5. Swing your left/right/both arm(s) in a circle
6. Move your hips in a circle
7. Move your ankle and wrist simultaneously in a circle
8. Flex your neck slowly to the left/right
9. Flex and extend your neck
10. Flex your arms
11. Extend your arms to the back
12. Flex/Unflex your hands
13. Slowly/gently squat
14. Raise your arm parallel to the floor
15. Raise your arm above your head
16. Step forward/Back
17. Step left/right
18. Skip
19. Hop on the spot/forward/back/left/right
20. Hop on your left foot on the spot/forward/back/left/right
21. Lunge gently forward back
22. Turn 90 degrees to the left/right
23. Turn 180 degrees left/right
24. Turn 360 degrees left/right
25. Spin gently to the left right

2. Yoga

https://youtu.be/pFSYYTMzemY