

# CONCENTRATION



## START POSITION

stand hip-width apart with relaxed legs (knees not locked).  
Breathing is free.



STEP 1: arms straight to shoulder level & feet turn outward



STEP 2: turn palms up & feet move back looking straight ahead



STEP 3: turn palms down & feet turn outward



STEP 4: arms move down & feet move back looking straight ahead

Duration: 2-3 minutes (max. 5)

Afterwards, give time for the body to work. Feel your body, breathe freely and give in if the body wants to move. [Let the body work](#)



**BODIES AT WORK**

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