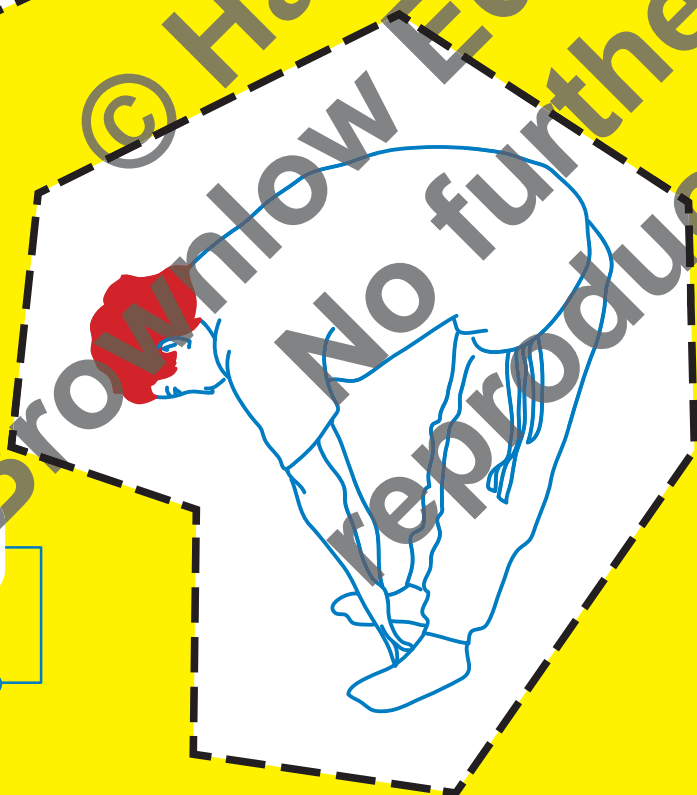


### tall poppies

Stand up and, keeping your feet stuck to the floor, sway gently in the wind like tall poppies growing up to the sun. Sway left and right gently, now back and forward, back and forward. Stretch up to the sun.

### simple stretch

Stand up tall and in a space by yourself. Bend gently from the waist and stretch your fingers towards your toes.



### simple stretch 2

Stand up tall and in a space by yourself. Place one foot out in front and flat on the floor, slide the other foot back with just your toes touching. Bend gently at the knee and stretch carefully.

