

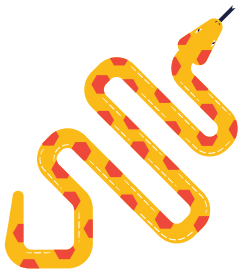


SEAL SLIDE

Lay down on your tummy and push up on your hands until your arms are straight.

Slide along the floor while dragging your feet.

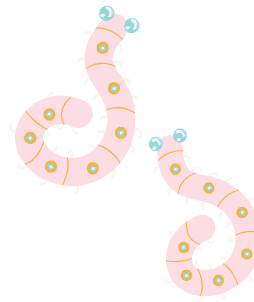
Mindful Movement Slides and Slithers



SNAKE SLITHER

Lay down on your tummy and place your arms by your sides.

Wiggle along the floor.



INCHWORM

Keep your legs straight, bend down and place your hands on the floor in front of your feet.

Walk your hands forwards then walk your feet forward to meet your hands.