



Lesson 6 - Opening & closing

Make a seated or standing open position with your body
Melt into a closed position

Can you make a closed position low to the floor?

- How does an open position make you feel?
- How does a closed position make you feel?

Happy? Thoughtful? Sad? Free? Scared? Powerful?

Can you use the words below to help you with your opening and closing?

Push Grounding Reach Twist
Melt Grow Fold

