



Breathe. Move. Smile.



Inhale

exhale

Inhale

exhale: right foot back

inhale



Exhale

same exhale

inhale

exhale

inhale: right foot forward



exhale

inhale

exhale

inhale

exhale



Breathe. Move. Smile.



Exhale      Inhale      Exhale      Inhale      Exhale: Right foot back      Inhale



Exhale      Inhale      Exhale      Inhale      Exhale



Inhale: Right Leg up      Exhale: Right leg Back      Inhale      Exhale      Inhale      Exhale