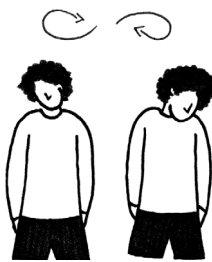


Warm Up – Musicians



Pandiculation



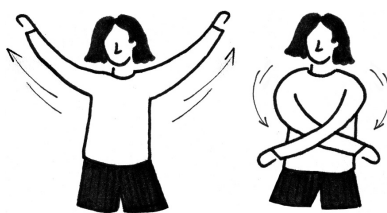
Move Head



Breath In & Out



Reach High (L/R)



Sway Arms



Bike With One Leg



Down & Up



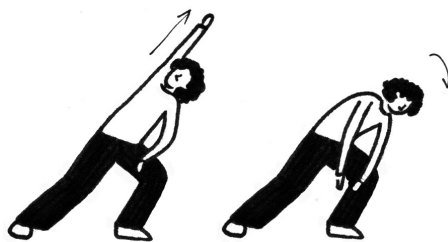
Roll Shoulders



Knee Bends (L/R)



Relax in Forward Bend



Side Reach & Soften



Shake



Varied March



Roll Wrists & Ankles



Small Jumps

Warm Up – Musicians

Pandiculation

Pandiculation! Animals have this nice, healthy habit and use it frequently during the day; we should do the same! Stretch out your whole body as if you've just woken up. *NSR: Direct relaxation for your whole system.*

Reach High (L/R)

Reach your arms and hands up high as if you're picking apples, alternating left and right so you can elongate the ribcage on the sides of your body. *WM: Creates space in the ribcage and warms up and mobilizes the spine.*

Down & Up

Squat all the way down, with your fingers touching the floor. Actively stand up from this position, stretch out your arms and reach your fingertips toward the ceiling while standing on your tippy toes. Repeat several times until you feel warmer. *WM: Activates and warms the whole body.*

Relax in Forward Bend

(Micro-)bend your knees, fold all the way forward, dropping torso, head (check you're not holding tension in the neck) and shoulders, whole feet carrying the (upper body) weight. Relax forward. Breathe deeply and let gravity do the work. *EP: Elongates and creates space at the back of the legs and back.*

Varied March

March on the spot and bring your knees up high toward your chest. Do the same with your heels toward your buttocks. *WM: Hip joints, knee joints, and ankles warm up. Blood circulation increases.*

Move Head

Move your head, drawing a figure-8 with your nose. Try it vertically, horizontally, and diagonally. Six movements: Up/down; Left/right; Stick chin forward/back; Side to side, face front; Ear toward ceiling left/right; Ear toward ceiling in a half circle, chin dropping down in between. *WM: Warms up the neck area.*

Sway Arms

Sway both arms freely and effortlessly: forward and backward, side to side, one arm forward and one arm back, crawling motions, and circles. Alternate between these movements! *WM: Warms up the shoulder joints and surrounding area.*

Roll Shoulders

Roll your shoulders in small circles, getting bigger (or vice versa). Move your arms all the way to the front, up, back, and down. One by one or both together. Try placing fingertips on shoulders and circling the elbows too. *WM: Creates freedom and space in the shoulder joints and surrounding area.*

Side Reach & Soften

Feet wide apart, bend one leg, elbow resting on thigh (no weight), other arm reaching up. Create a long, elongated line from foot to fingertips. Inhale: expand and elongate even more. Exhale: relax the body, bend the legs, drop the arm. Repeat both sides. *WM/EP: warms up the body and creates space.*

Roll Wrists & Ankles

Create warmth and space in your ankles and wrists by making circles. One at a time or both together. Rotate with up/down, left/right and diagonal movements. *WM: More possibilities –flexibility, smoother movement– when the joints are warm and prepared.*

Breath In & Out

Inhale deeply: reach your arms backward, spread your fingers, and lift your chest. Exhale: round the back and the arms softly forwards like you're hugging a tree, relax the head downwards. *WM/NSR: Warms up the joints and muscles of the spine and shoulders, activates the nervous system.*

Bike With One Leg

Balance on one leg (allow the body some time to stand firmly). Pretend you are biking with the other leg, a few rounds back and forth. *WM/AF: Balancing is also focusing, it trains and reminds the body how to be in a one-legged position.*

Knee Bends (L/R)

Place your hands just above the knees on the thighs, legs actively straight (without an overstretch). Then bend one knee at a time, gently pushing the same shoulder forward. The opposite sitting bone moves back. *WM: Warms up and creates freedom and space in hips and lumbar area.*

Shake

Shake! Your whole body benefits when you shake it. One arm or leg at a time, all together, rising up and down, or twisting left and right while shaking. Play around! *WM/NSR: Shaking is warming up in a relaxed way. It also regulates the nervous system.*

Small Jumps

Make small jumps on the spot. Go left/right, front/back, around and twist. Alternate! Intensify with arm movements. *WM: Jumping warms up the whole body, increases blood circulation, and enjoying the movement will make you smile!*