

Spell Your Name!

Balance & Flexibility Challenge!

STEP 1:

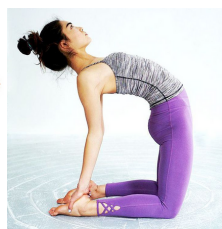
BASES OF SUPPORT

Practice balancing with different bases of support. Pick 3 poses from level 1, and hold each pose for 15 seconds. When you complete level 1, repeat the process for level 2, and then level 3.

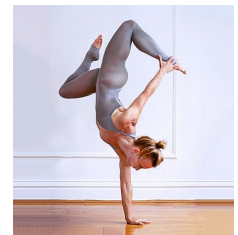
LEVEL 1: 3+ BASES OF SUPPORT



LEVEL 2: 2 BASES OF SUPPORT



LEVEL 3: 1 BASE OF SUPPORT



STEP 2: SPELL YOUR NAME

Now it's time to spell your name! In each box below, draw how you might balance your body to create each letter of your name. Try out each letter in action - you will need a partner to check your form, or take a picture, to make sure you have formed each letter correctly.

EXAMPLE FROM
MS. HULTMAN



This is how I balanced my body to spell my name.

