

# Nature's Elements Sequence

## *4. Air Element Explanation*

### **Preparation**

- **This sequence is done standing up**

### **Air Element Pose 1**

- **Stand up feet together**
- **Arms stretched wide/ to the side**
- **Fix your eyes on a thing opposite you (same level as you)**
- **Turn your body but turn your head last**
- **Repeat this for around 5 (five) turns**
- **Take time to relax as you might feel dizzy afterwards**

### **Air Element Pose 2 - Part 1**

- **Open your legs with a medium gap between your feet**
- **Keep legs stretched and straight during this Pose**
- **Stretch your arms in front of you and interlock your fingers**
- **Lift your arms up**
- **Bend your upper body forward**
- **Place your arms between your legs**
- **Lift your upper body and arms up**
- **Repeat this upward and downward movement for a few times**

### **Air Element Pose - Part 2**

- **Open your legs with a medium gap between your feet**
- **Stretch arms in front of you and interlock your fingers**
- **Raise your arms up**
- **Bend your knees/legs and lower your arms**
- **Higher your arms as you stretch your legs**

- **Repeat this upward and downward movement for a few moments**

### **Air Element Pose 3**

- **Small gap/distance between legs -Don't move your legs for all this pose**
- **Place one hand (example left hand) on the opposite shoulder (the right shoulder)**
- **Place the other arm on your back and bend the arm with the palm of the hand facing out**
- **Don't move your legs as you turn;**
  - 1. First turn your upper body**
  - 2. Then turn your head - look over your shoulders**
- **Turn back to centre**
- **Stretch your arms out and repeat on the other side**
- **Try and Repeat this for a few times, picking up speed as you turn**

[https://www.youtube.com/watch?v=OlulVg6DuvI&list=PLjs4G0dLq3GynpuIY3GW098PBYuE8iW &index=25&t=9s](https://www.youtube.com/watch?v=OlulVg6DuvI&list=PLjs4G0dLq3GynpuIY3GW098PBYuE8iW&index=25&t=9s)