

# Basic Shapes Hold

9 min

*Hold each shape for 30 sec*

- Handstand shape
- Lying on back
- Stomach
- Side
- Side
- Standing
- 20sec rest
- Landing positions
- Lung (right leg forward)
- Lung (left leg forward)
- Impact landing

**20 sec rest**

## **Presentation & posture**

- Stretching up tall
- Snap position – arms out
- Snap finishes for 30sec

**20 sec rest**

- Scoop
- Angry cat
- Scoop on knees
- Scoop shape standing
- Candle