



Mini Routines to Develop Good Posture & Balance Level 1-2 & up

Chose one of the warm ups and then do the Key Posture
Use whatever breathing theme best suits your goals.


Warm Ups




Pelvic Lift



and / or Back Bends



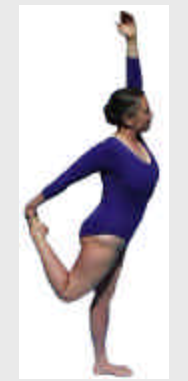
and / or Half Bows



and / or Bow


Key Posture

Any of the
Balance
Posture
Poses




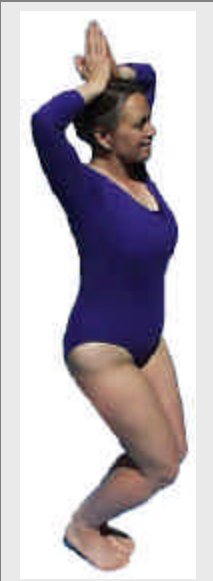
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Warm Up



Pelvic Lift





Key Posture

Any of the Dancer's
Posture Variations