

Material 10.1

*Instructions:*

1. *LOWEST LEVEL*
2. *LEGS OPEN*
3. *TOUCH YOUR HEAD WITH ONE HAND*
4. *FREE CREATION*

*Instructions:*

1. *MEDIUM LEVEL*
2. *PUT YOUR RIGHT KNEE ON THE FLOOR*
3. *ONE HAND UP*
4. *FREE CREATION*

*Instructions:*

1. *HIGHEST LEVEL*
2. *LEGS OPEN*
3. *HEAD LOOKING AT THE WINDOW*
4. *FREE CREATION*

*Instructions:*

1. *LOWEST LEVEL*
2. *LEGS CLOSED*
3. *ONE ARM DOWN*
4. *FREE CREATION*

*Instructions:*

1. *MEDIUM LEVEL*
2. *ONE KNEE BENT*
3. *ONE ARM UP*
4. *FREE CREATION*

*Instructions:*

1. *HIGHEST LEVEL*
2. *LEGS TOGETHER*
3. *HEAD LOOKING AT THE FLOOR*
4. *FREE CREATION*