



Butterfly where do you come from?
Butterfly what do you see?

Butterfly where are you going?
Butterfly do you see me?



Butterfly what are you doing?
Butterfly what do you smell?



Roll shoulders backward and forward



Slowly roll head to right, then to left



Keeping shoulders down slowly tilt right ear, repeat on other side



Slowly bring chin down to chest and then up, making neck long while keeping shoulders back and down

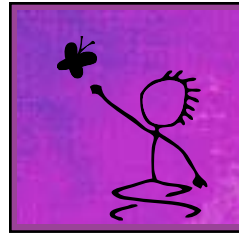


Stretch left arm up, side stretch to right (can wiggle butterfly fingers)



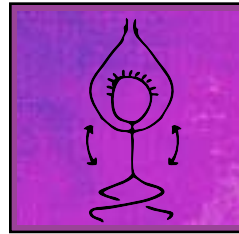
BUTTERFLY

Butterfly tasting the flowers
Butterfly, do you see me?



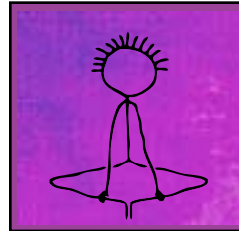
stretch right arm up,
side stretch to left (can
wiggle butterfly fingers)

Move my arms like a butterfly
Move my legs like a butterfly

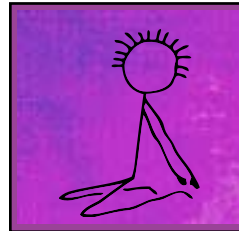


flap arms, flap legs (sit
with soles together for
more of a stretch; gently
push down on thighs
or ankles for deeper
stretch)

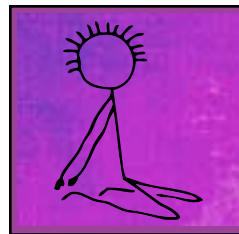
Fly away like a butterfly
Free to see the world



in same position, stretch
forward, bending at hips
with chest toward feet
(can wiggle butterfly
fingers)



side sit right with arms
behind you



side sit left with arms
behind you

Butterfly, where are you going?
Butterfly, what do you hear?



bend left leg, stretch
over straightened right
leg (can wiggle butterfly
fingers over toes)

Butterfly, please take me with you
Butterfly, do you see me?

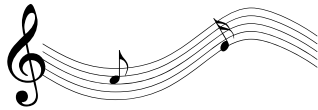


bend right leg, stretch
over straightened left
leg (can wiggle butterfly
fingers over toes)



BUTTERFLY

Butterfly, do you see me?



gentle twist to right (look for butterfly behind you)



gentle twist to left (look for butterfly behind you)