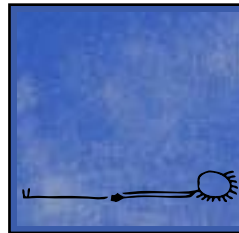


Make an angel in the snow
Make an angel in the snow

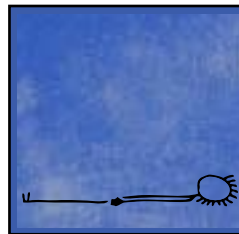
Move your arms in the snow

Move your legs in the snow

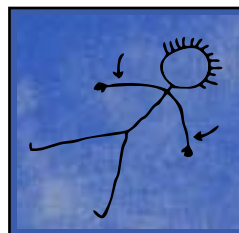
Back and forth, here we go,
Make an angel in the snow



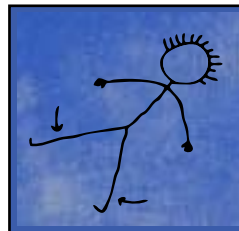
lay on back with legs on floor; arms at sides; take a deep breath and fill your belly; exhale to let all air out, repeat



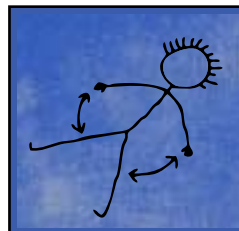
continue belly breathing as above



keeping arms straight, slowly move them out and in



keeping legs straight, slowly move them out and in

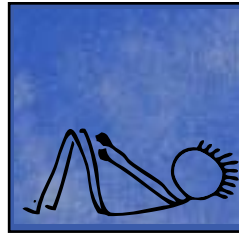


slowly move arms and legs out and in, making "angels in the snow"



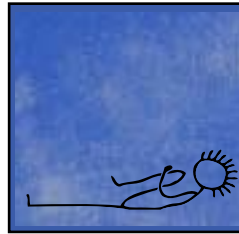
SNOW ANGEL

See them glitter, see them shine,
See the snowflakes, soft and fine



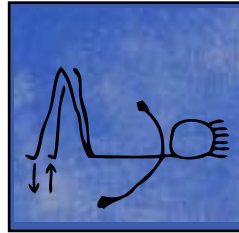
bend knees and place feet on ground; tuck chin and gently lift head; lift arms and wiggle fingers by knees

See them twinkle as they fall,
Watch the snowflakes white and small



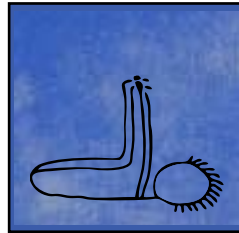
lift legs; alternately bend one while keeping other straight; lift head for more challenge

Down they come, 'round they go,
Make an angel in the snow



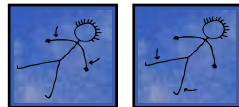
keeping back on ground with knees bent, let knees fall slowly to right and left, gently twisting spine

Make an angel in the snow
Make an angel in the snow



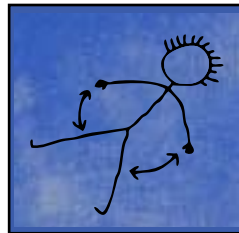
with back on ground, spread legs apart and grab feet by the inside to stretch them wide

Move your arms in the snow
Move your legs in the snow

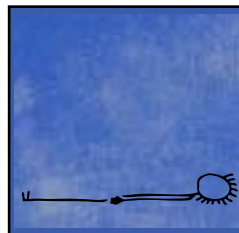


keeping arms and legs straight, slowly move arms out and in; slowly move legs out and in

In the snow



slowly move arms and legs out and in, making "angels in the snow"



resume belly breathing as above