

# Pretzel

1. Location
2. Part Of Body
3. Number
4. Part Of Body
5. Direction
6. Location
7. Number
8. Part Of Body
9. Verb
10. Number
11. Verb
12. Part Of Body
13. Direction
14. Verb

# Pretzel

Find a place in the \_\_\_\_\_ Location \_\_\_\_\_ of the room and sit down. Place your left \_\_\_\_\_ Part of Body \_\_\_\_\_ in front of you and bend your knee to \_\_\_\_\_ Number \_\_\_\_\_ degrees so it's in front of you \_\_\_\_\_ Part of Body \_\_\_\_\_ and your shin in \_\_\_\_\_ Direction \_\_\_\_\_ to the wall in front of you. Relax the foot of your front leg. Shift your weight onto your left hip, sweep your working leg slightly \_\_\_\_\_ Location \_\_\_\_\_ you, and bend your back knee to about \_\_\_\_\_ Number \_\_\_\_\_ degrees. Place your left hand on the floor about a foot to the side of your left knee and in line with it. Point your fingers directly forward. Soften your \_\_\_\_\_ Part of Body \_\_\_\_\_. \_\_\_\_\_ verb \_\_\_\_\_ your left hand outward from your body until you are leaning \_\_\_\_\_ Number \_\_\_\_\_ degrees to the left. Place your right hand on your front shin. \_\_\_\_\_ verb \_\_\_\_\_ slightly forward at your waist and lift your \_\_\_\_\_ Part of Body \_\_\_\_\_. Reach your right hand back, take your foot, and raise it a few inches off the floor. At the same time, press your right hip \_\_\_\_\_ Direction \_\_\_\_\_ by tightening your right seat muscles. Let go of your foot and leave it off of the floor. Place your right hand back on your shin. Exhale and \_\_\_\_\_ verb \_\_\_\_\_ your right knee one inch off the floor. If your knee doesn't come up, shift your torso and left hand a bit more to the left.