

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 you 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 you 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.