

Section I

First Position

- Slow Offering
- Free Spine
- One Leg Offering
- Two Leg Offering
- Accordion
- Rotating Accordion
- Near Leg Rotation
- Far Leg Rotation

Under Leg

- Arm Breath Squeeze
- Hand Hold
- Pull Around
- Swing

Head Cradle

- Push Around
- Arm Leg Rock
- Thigh Press
- Overgrip Rotation

Mirror Image

Section II

First

- Strong Offering
- Turn and Pull

Under Shoulder

- Sweep Under Shoulder
- Lengthen Spine

Under Hip

- Spine Pull
- Undulating Spine
- Hip Push

Free

- Stillness
- Follow Movement

Under Head

- Seaweed
- Overgrip Rotation

Mirror Image

Section III

Side Open Saddles

- Side Saddle
- Sandwich
- Head Move Lift Wave
- Sandwich

First

- Explore Movement
- Heart Rock

Wall

- Completion

	In Breath		Out Breath		Waterbreath Dance
	Pull With Arms		Rise & Sink		Close and Hold
	Push With Arms		Spread and Hold		Torso Rock
	Head 80- Foot 80				
	Step and Pull				

Section I

First Position

Under Leg

Head Cradle

Mirror Image

Section II

First

Under Shoulder

Under Hip

Free

Under Head

Mirror Image

Section III

Side Open Saddles

First

Wall