

Hello Pace Youth Theatre,

Welcome to Week 5! Today's class looks at grounding through the feet - lots of nice standing postures to hopefully get you feeling centred and strong.

We play with Chair Pose, Awkward Pose and Eagle Pose. All these standing postures ask for concentration and engagement in those quads! What I want you to do is look and think about your feet; think about pressing into all four corner, unclenching those toes, and really feeling your connection with the ground.

Remember, if you need any modifications for any of the postures (we all have different bodies so you might need a different variation and that's totally fine!) or have questions about anything in the practise get in touch and I will happily sort you out with suggestions. I want this experience to be as interactive as possible even though we are connecting though a screen!

Sarah x

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