Do Circles

A VERY COMPLETE EXERCISE CHART

You can do circles sitting or standing.

OUTER CIRCLES

Make these as small as you like.



01 / A finger.



02 / A wrist.



03 / An arm.



04 / Your hips.



05 / A foot.
Have a seat.



06 / Your nose.
Tiny will do.

INNER CIRCLES

These ones are imagined. See what comes to mind.



07 / Your heart.



08 / Your stomach.



09 / Your soul.
Location up to you.

DIRECTION: Either. | **LOST COUNT?** Excellent.

You're under no obligation to have a breakthrough.

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