Planetary Pilates

The National Air and Space Museum
Morning at the Museum
Our journey across the universe starts here!

* Sit with legs criss cross.
* Bring hands together up to your chest.
* Take a deep breath in and out.
Be an Asteroid

* Now, put your feet together and drop your chin to your chest.
* Let your hands touch the ground.
* Keep your hands on the mat.
* Lay down flat on the mat and arch your back looking up to the stars.
Stand up with your feet on the mat.
Reach you arms up above your head and place your palms together.
Bend to the left
Bend to the right
Stand straight again and reach up!
* Sounds like an space shuttle is ready to take off.
* Stand up with your feet on the mat
* Bring your arms out to your sides like wings.
* Lift your left back leg up into the air
Saturn has many rings around it.

Put your arms in a circle in front of you and turn around slowly on your mat.
* Astronauts wear space suits that make it hard to walk.
* Bend your arms and legs and walk slowly in place on your mat.
Our journey across the universe is over! Welcome back to Earth.

Sit with legs criss cross.

Bring hands together up to your chest.

Take a deep breath in and out.

Turn to your neighbor and say “Go in Peace.”