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## Mini Shakeout

- Shake loose your hand wrist fingers; elbow; whole shoulder area; and all the way from your Center.
- Now the other side.
- Shake loose foot ankle toes; knee joint; and hip joint;
- Now the other side.
- Shake loose the tail; wobble your head lightly on top; then wiggle your whole spine like an eel.
- Now settle and feel: legs release deep into the ground, head and spine float lightly to the sky, and open up to the space all around you.