

# STAR STRETCH



## Words

## Gestures

[www.mnpeace.org](http://www.mnpeace.org)

**Light of Life**

**Stand up with arms at sides**

**Thank you that I am flexible**

**Reach hands and arms overhead**

**And resilient**

**Bend arms to the left**

**Thank you that I am facing the past**

**Bend arms to the right**

**And letting go of all I need not carry**

**Bend back gently**

**Thanks for Life.**

**Bend forward at your waist  
and shake arms**

**Stand upright with palms  
together at heart's center**