

1. Standing Tall for Democracy

Stand tall for what you believe.



MOUNTAIN POSE

With feet hip distance apart, bring your shoulders back, hips tucked under, gaze forward. Feel your solidity and the ground under your feet.

The feeling of stability won't last long so take a few slow, deep breaths and enjoy it while you can.

2. Election Day - I Voted

High voter turnout.



Reach both arms to the sky. Bend your right elbow bringing it in close to your side, hand facing forward. Stretch it back up and repeat on the other side.

Connect your breath to the movement, inhaling arms up and exhaling as you bend your elbow. Take it slowly, no need to rush. Everyone had to stand in long lines. You've got this.

Many people voted, so repeat this until you are too tired to continue.

3. Counting the Votes

County by county, state by state.



STANDING WIND RELEASE POSE

Bring one knee up and hold it tight to your body while balancing on the opposite foot.

Tabulating the votes is going to take a while; stay in this pose as long as you can. Then switch to the other leg and do it all over for the next state. Repeat 50 times or just give up after a while.

4. One side Pulls Ahead

TWISTED STANDING HAND TO KNEE POSE



Reach across your body to grasp your opposite knee. Turn your head in the opposite direction so you don't have to watch. This may feel awkward or painful, but hold here a while, then transition to...

5. The Other Side Pulls Ahead

ONE LEGGED MOUNTAIN POSE



Open the knee over to the other side. Feel your body untwist and your chest become expansive as it fills with hope.

6. The Election is Called

FLAMINGO POSE



Reach behind to grasp the foot, raising your arm.

The votes are all counted. The election is secured! But wait, there's a recount.

Start over from Twisted Standing Hand to Knee Pose to do the opposite side leg.

7. Walking the Tightrope of Peaceful Victory

VICTORY WALK



Stand up tall, extending arms to both sides, Walk forward heel to toe, being careful to keep your balance and not topple to one side of the other.

When you reach the top of your mat, turn around and go back, but this time be as free and fancy as you can. You've won the election! Kick, leap, pirouette, and wiggle (but don't fall off the tightrope).

8. Concession & Bowing Out

INTENSE LEG STRETCH POSE

Spread your legs as wide as is comfortable. Slowly bend forward and bring your hands to the floor as far back between your feet as you can.

Thank your base for their support. It hurts to lose, but take that hurt and learn the lessons with grace.



9. Finding Equanimity on Both Sides

Transition requires compromise.

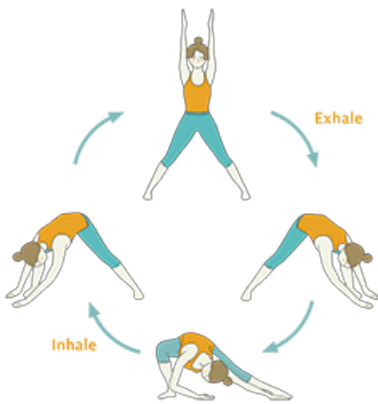
Stand with legs wide, feet pointing forward, and arms up. Ready to go!

Exhale, turning the right foot out and folding over the right knee. Hold here for two breaths and feel the tension in your leg and hips.

Bend your right knee and slide your hands along the ground to the center until both knees are bent, then over to the left.

Straighten the left knee and hold in this stretch for two breaths. Return to standing. Repeat the flow, speeding up until you are doing each movement on a single inhale or exhale.

Like all transitions, this can be as structured or as loose as you wish. You'll get there regardless.



10. Recharge

CHILD'S POSE

Fold yourself into a ball, forehead on the ground, arms reaching back.

Rest as long as necessary. There is work to do and you need to be fresh.



11. Opening Up

PUPPY DOG POSE

You are just getting started. Ready to develop a plan.

Stretch your arms in front of you and lift your hips until you are on your knees. Allow gravity to open your chest and stretch your shoulders.

Gravity is science. It feels good to have science again.



12. Higher Ground

DOWNWARD FACING DOG

On an exhale, straighten your knees and lift your hips all the way up. Be sure you have your weight balanced between hands and feet. Feel the solid stability of your body in this pose.

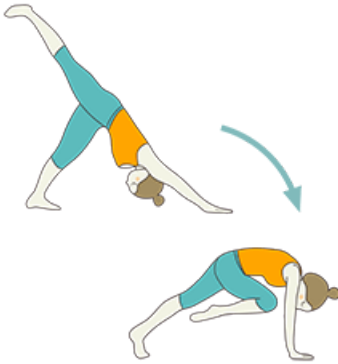
You're strong and prepared for anything.



13. Building Strength

Lift your right leg up toward the sky, keeping the front of your body still. Bring the knee in and tuck your chin to reach "nose to knee". Repeat three or four times, building speed.

Even though you might not be able to see the way clearly yet, you can think about your next step.



14. Reaching New Heights

HIGH LUNGE POSE

Bring your right foot all the way forward between your hands and raise your upper body with arms to the sky.

You can see your goal now. Is that universal healthcare on the horizon?



15. **Ready to Go**
RUNNER'S LUNGE

Keeping your eyes on the prize, bring your hands to the ground. 3-2-1, ready, set...hold up....



16. **Leaving No One Behind**

Swing your left arm all the way around. Follow the hand with your gaze.

Make sure nobody is left behind in this sprint to better quality of life.

Swing your arm the rest of the way around back to runner's lunge.



17. **Ever Higher**

Lift your hands off the floor into the sky up into high lunge.

Huzzah, it's time to do the work!



18. **Grateful to Serve**

CHAIR POSE

Step your left foot forward, keeping knees bent and dropping your hips down as if sitting.

Pause to thank all of America's citizens for their trust as you take your seat at the Resolute Desk.



19. Doing the Work of the People

In Chair pose, come up to tiptoe. Still on tiptoe, squat down. Drop your heels and rise back up to Chair pose. You can hold your arms straight forward through the whole flow or add dynamic movement by swinging them from above your head to the ground as you squat.



Repeat five times, or until the work is done.

Governing is a process full of ups and downs, challenging balance, and uncertain moments. You've got this. Just keep going.

20. Rest

CHILD'S POSE

From the last squat, come down for a well-deserved rest. Take a few breaths here, then do the sequence on the left side, starting with Puppy Pose.

The work of the people is never really over. You can repeat this section for as many big actions as needed. May I suggest voting reforms? Climate and environmental rescue? Equality and equity for minorities? Fair wages?



Keep practicing as long as there are policies to change. Or until you are exhausted. Then rest and start again another day.