

Salute to the Child

With Poem and movement created by Liz Schneider

Prayer Position

1. Stand up straight with your feet parallel, about 3 feet apart
2. Place your hands in prayer position with your thumbs lightly touching your breastbone – Your heart center



Heaven Earth Stretch

1. Focus downward into your heart center and say the word: Child
2. Stretch our hands up towards the heavens and look up and say: Come from Heaven
3. Open your hands and press out and down until your hands touch your outer thighs and say: To earth

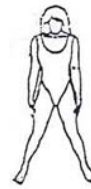
Child



**Come
from
Heaven**



**To
Earth**



Shining Heart Opener

1. Return to prayer position, eyes focused front and say: And my heart will shine
2. Stretch your arms straight forward as far as you can, palms together. Bow your head forward and say: And reach out to you.
3. Turn your hands back to back and press our arms behind you as far as you can lifting your chest and gazing upwards slightly and say: And open

**And my
Heart will
shine**



**And reach
out to you**



**And
Open**



Cradle Stretch

1. Bend your knees, tuck your buttocks under and make a circle with your arms in front of you and say: And I shall take you in my arms
2. Move the circle right and then left and say: And rock you

**And I shall
take you in
my arms**



**And
Rock
you**



Rising Sun Stretch

1. Move the circle back to your right, up over the head and center and say: And the sun shall rise and set
2. Reverse circle in the opposite direction and say: And rise and set

**And the
Sun shall
Rise and
set**



**And rise
and set**



Rock the Baby

1. Bring your hands to your baby and rock your hips back slightly looking down at your baby and say: And I shall
2. Bring your hips forward and say: Rock You
3. Repeat hips, back and front and say: And rock you

And I shall



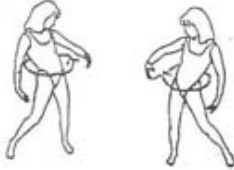
Rock You



Baby Dance

1. Draw a figure 8 with your hips to the right and left and say: And we shall dance
2. Draw a second figure 8 allowing your arms to float up in the air as your hips circle around and say: And Play

And we shall dance



And Play



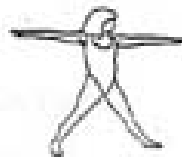
Prayer for Growth

1. Stretch your arms out and up until your fingertips touch and you say: And you shall grow
2. Shift both heels to the left and adjust your right foot to a 90 degree angle as you open your arms and stretch them straight out from your shoulders presses away from your ears and say: Tall
3. Bend your right knee to a 90 degree angle and say: And strong
4. Bend to the side, place your elbow on your thigh and reach your top arm over your head and say: And humble and wise
5. Return to center, feet parallel repeat on the other side

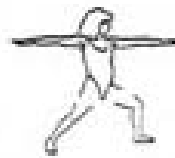
And you shall grow



Tall



Strong



Humble & Wise



Calling the Spirit

1. Clasp your hands behind you and stretch your arms away from you as you lift your chest and gaze upward and say: For I have called you

For I have called you



Birthing Pose

1. Round your back, slide your hand behind your thighs and say: And shall give birth

And shall give birth



Earth Bound

1. Walk our hands forward on the floor and come into an all fours position as you say: And you shall walk upon the earth

And you shall walk upon the Earth



Baby Rocker

1. Go into a cat back and then a flat back and say: And I shall rock you
2. Wag your tail side to side and say: And rock you

**And I shall
Rock you**



**And
Rock
you**



Moon Stretch

1. Bring your toes together, knees apart. Walk your hands back behind you. Support yourself on your fingertips and tuck your buttocks under as you press your pelvis forward. (Do not drop your head back!) and say: And the moon shall wax
2. Bring your hips back down and say: And the moon shall wane

**And the
moon shall
wax**



**And the
moon shall
wane**



Rainbow Squat

1. Getting into squat: come on to all fours, tuck your toes under and say: And I shall be your rainbow
2. Using your hands walking yourself back into a squat and say: After the rain
3. Hold the rainbow squat for 2 breaths

**And I shall be
your rainbow
after the rain**



Transition to Prayer Position

1. Remaining in the squat, lengthen your spine as much as possible and bring your hands into Prayer Position.



Transition to Prayer Position

2. Using your legs, press yourself up to standing and adjust your feet to a parallel stance 3 feet apart, bow your head and you are ready to repeat the entire Salute to the Child.



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Position:

1. Prayer Position

2. Heaven/Earth Stretch

3. Shining Heart Opener

4. Cradle Stretch

5. Rising Sun Stretch

6. Rock the Baby

7. Baby Dance

8. Prayer for Growth

9. Calling the Spirit

10. Birthing Pose

11. Earth Bound

12. Baby Rocker

13. Moon Stretch

14. Rainbow Squat

15. Transition to Prayer Position

16/1. Prayer Position

Say Verse

Child come from heaven to earth

And my heart will shine and reach out to you and Open

And I shall take you in my arms and rock you

And the sun shall rise and set, and rise and set

And I shall rock you and rock you

And we shall dance and play

And you shall grow tall and strong and humble and wise
And you shall grow tall and strong and humble and wise

For I have called you

And shall give birth

And you shall walk upon the earth

And I shall rock you and rock you

And the moon shall wax, and the moon shall wane

And I shall be your rainbow after the rain

CAUTIONS AND COMMENTS:

*During third trimester, place our hands on your lower thighs and press up

*Get centered before you start. Spread your toes and imagine that you have long roots from your toes deep into earth to keep your balanced and stable