

# EXERCISE 17

## Power Poses

*(Courtesy of Amy Cuddy)*

Access the audio file at [estrangementenergycycle.com](http://estrangementenergycycle.com).

Select a flat surface free of obstacles for standing or modify the poses for a sitting position if desired.

**Step 1:** Select one of three power poses.

### **Power Pose #1 V for Victory**

- Stand with your feet shoulder-width apart and raise your arms into a V position above your head. Keep your shoulders down and breath through your belly, inhaling through your nose, exhaling out your mouth.

### **Power Pose #2 Wonder Woman Pose**

- Stand with your feet shoulder-width apart and put your fists on your hips. Feel your chest open up and breathe through your belly by inhaling in through your nose, exhaling out your mouth.

### **Power Pose #3 Open Pose**

- Stand with your feet shoulder-width apart and bring your hands up, elbows at your waist. Your hands will be palm up like an open yoga pose. Breath through your belly by inhaling through your nose, exhaling out your mouth.

**Step 2:** Hold your selected power pose for at least two minutes. Breathe deeply and notice your strength and balance in this pose. Hold this power pose as long as you feel comfortable.

### **HOW I FELT BEFORE MY POWER POSE(S)**

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### **HOW I FEEL AFTER MY POWER POSE(S)**

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