



Prime Meridian Pose

Standing with the feet together, grounding evenly through the feet and lifting up through your North Pole. Reach hands to the sky and elongate the spine. Breathing is relaxed.



Triangulation Pose

From a standing position with legs apart, turn the right toes outward and the left toes slightly inwards. Lift both arms parallel to the floor. Rotate the arms, raising your left arm up and resting your right hand against the right leg, with the palms facing forward. Repeat on the other side.



Axis Pose

Begin by planting both feet into the ground. Shift your weight into your left foot while lifting your right foot off the ground. Keep your left leg straight, but don't lock your knee. Bend your right knee and bring the sole of your right foot as high as you feel comfortable. Keep your balance. Take a few breaths, then lower your right foot to the floor. Repeat on the other side.



Longitude 1

Begin standing, then step one foot forward. With your front foot pointing straight ahead, bend your knee into a lunge. Lift your head to gaze at the stars. Hold your pose and then repeat on the other side.



Latitude 2

While making a wide stance, turn the front foot outward, and the back foot slightly inward. Your body faces forward so your hips are in line with your feet. Now sink down into a lunge until the front knee is bent at a right angle and the arms are fully extended with palms facing down at shoulder level. Gaze directly over the front hand. Repeat on the other side.



Coordinate Transformation Pose

Begin on your hands and knees. Stretch your elbows and relax your Northern Hemisphere. Spread your fingers wide and press firmly through your palms and knuckles. Tuck your toes and lift your knees off the floor. Press the floor away from you as you lift through your Southern Hemisphere. Breathing is relaxed.



Planar Projection

Lie face down in a push-up position. Keep your palms on the floor next to your shoulders and your feet flexed with the bottoms of your toes on the floor. Take a deep breath and press up into a push-up. Your body should make a straight line. Hold global positioning for at least 10 seconds and lower yourself back to the floor.



Elevation Position

Lie on your back with your knees bent and feet on the floor. Extend your arms along the floor, palms flat. Press your feet and arms firmly into the floor while feeling a gravitational pull. Exhale as you lift your Antarctica towards the sky.



Basemap Pose

Kneel on the floor with your toes together and your knees hip-width apart. Lower your torso between your knees. Extend your arms alongside your torso with your palms facing down. Relax your shoulders toward the ground. Rest in the pose for as long as needed. Breathing is relaxed.