

Lap Sit



- Have the group form a tight circle, shoulder to shoulder
- Have each person turn to the right (so they are facing each other's backs)
- Instruct them to take a small step toward the center of the circle to get everyone closer
- Direct everyone to be sure that their left foot is "heel to toe" with the foot of the person in front and behind them
- Have everyone place their hands on the shoulder of the person in front of them
- On the count of three as a signal, have everyone slowly begin to squat until resting on the thigh/knee of the person behind them

** This will work - Everyone, no matter what size, can support one another without strain. If part of the line falls over -- try again! We want the small groups to be successful as we will conclude the conference with a large lap sit!*