**ChillPill Exercises for Mental&Physicall Wellness**

1. Vocal

lyrics: „Take a chill pill, just chill!” repeat twice

melody: D D D C F D

rhythmn: 4/4

chords: C E G, C F A

1. Movement (Odissi dance style: chauk position, char gun, shikara mudra)

Start position: chair

feet facing outwards, knees bent, one feet distance between feet

Arms&hands facing each other (like pill two sides) closed

Rigtward movement:

jump on both legs, right step out, left crossing, right step tap

same time arms opening, circle down and up, hold left index finger with right hand

Take a deep breath!

Leftward movement:

left out, right cross, left tap, same time arms circle to mid level then close with turn both thumbs up

1. Level-Up: for those who are advanced

Sing ChillPill melody (above) while perming these movements in slow, middle and fast speeds