*Things to do at the airport to avoid looking weird:*

* Download a meditation (try Smiling Mind App) and some bird song or classical music. Remember cellular repair comes in the zzzzzz zone;
* Walk until gate called (I clocked up 2 miles in the airport, just wandering around);
* Get onto the plane last (especially with kids);
* Squat (rucksack in front of you for dignity);
* Top of foot stretch (slip on shoes and toes on top);
* Quad stretch (using bag to rest foot on if necessary);
* Pelvic List standing in the queues – take most weight into one leg and push that foot into the ground. Make sure outside of standing foot is pointing forward.
* Lift and lower your luggage, keeping scapula stabilized. Try different angles.
* Lean on a counter or a wall and allow scapula to slide towards spine and then away from it.

*When you are on the Plane (you may look a bit weird but…):*

* Un-tuck your pelvis and support sacral area by putting a towel, sweater or ball behind your back.
* Remove shoes and put toe socks or separators on.
* Tuck your foot underneath you and stretch the top of your foot.
* Stretch fingers and hands and wrists. Bend elbow and arm close to ribs.
* Carpel Tunnel self massage – twist flesh, press thumbs in and slide towards palm.
* MELT hands using the little table.
* Twist the connective tissue in your arm using your other hand.
* Stretch your neck. Wrap your right arm around your head and drop your ear to the right. Then look to your armpit. Do other side too.
* MELT your Face
* Spell out words in front of you with your tongue and closed lips. The safety instructions or magazines are good for this.
* Stretch your ears by tugging the lobes and surround.
* Roll shoulders one way and then the other and lift shoulder blades up and down back.
* Take arm behind your back and try to keep shoulder blade flat against rib cage. Back of hand on waist. Start to move hand up your back.
* Clasp your hands and take your arms overhead. Clasp your hands the other way and repeat.
* Upper body stretch. Stand up, clasp hands and place forearms on overhead locker. Lean in.
* Walk pelvis back and forth on seat.
* Tuck and tilt pelvis.
* MELT feet or roll on YTU balls in tote.
* Lift one toe at a time.
* Place towel on floor and pull it towards your seat with just your toes. Then push it away with just your toes.
* WALK AROUND – drink lots of water and go to the toilet as often as possible.

YTU Ball routine – Spine, thighs, buttocks.

YTU = Yoga Tune Up

MELT = The Melt Method