

**Self-as-Other-Trainings, Instruction: Greenhouse**

Stand in front of the line.

Waiting

Sit down.

Stand up.

Take one step forward.

Stop.

Take one step back.

Sit down.

Stand up.

Take one step forward.

Stop.

Take one step back.

Squat down.

Stand up.

Take one step forward.

Stop.

[repeat continuously]

Stand up.

Take a few steps forward.

Stop.

Return into the line.

*4 min.*

### Placing seedlings

Turn to the side.

Bend your back.

Move hands parallel to the ground.

Move upper body upwards and to the side.

Move hands down.

Bend your back.

Move hands parallel to the ground.

Move upper body upwards and to the side.

Move hands down.

Bend your back.

Move hands parallel to the ground.

Move upper body upwards and to the side.

Move hands down.

[repeat continuously]

*4 min.*

### Spraying

Stand in line.

Bend one arm.

Lift the elbow to the back.

Grasp.

Keep your arm straight.

Form your hand into a fist.

Move the arm up and down in short movements.

[repeat continuously]

While you walk straight along the line.

*4 min.*

### Stringing

Stand in line.

Bend your upper body to the front.

Stretch your arms out.

Move your hands alternate up and around each other.

Take one step to the side.

Bend your upper body to the front.

Stretch your arms out.

Move your hands alternate up and around each other.

Take one step to the side.

[repeat continuously]

*4 min.*

### Cutting

Stand in line.

Bend your back slightly.

Stretch your arms out.

Open and close the fingers of one hand alternate.

Form the other hand into a fist.

Pull it back and forward alternate.

[repeat continuously]

Step to the side.

Step to the side.

Step to the side.

[repeat continuously]

*4 min.*

## Harvesting

Stand in line.

Turn to the side.

Band your arms slightly.

Turn your palms downwards.

Grasp.

Make a few steps.

Turn to the front.

Bend your body down.

Stretch arms out.

Grasp alternate with one hand.

Turn to the side.

Open hands.

Turn to the front.

Bend your body down.

Stretch arms out.

Grasp alternate with one hand.

Turn to the side.

Open hands.

Turn to the side.

Band your arms slightly.

Turn your palms downwards.

Grasp.

Make a few steps.

Turn to the front.

Bend your body.

Stretch arms out.

Grasp alternate with one hand.

[repeat continuously]

*12 min.*

Sorting

Stand in line.

Stretch your arms out.

Flip your hands alternate to the front.

[repeat continuously]

*8 min.*

*Duration: 40 min.*

*Difficulty: Advanced*

*Tools: Rope (3m)*

*2018, Vivien Tauchmann*