



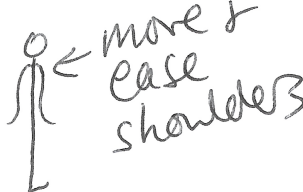
Home practice


  lie down; settle; breathe **7 mins**

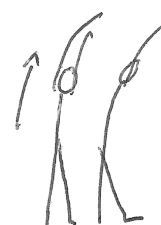
  leg up & to side **4 mins**

5  stand — stretch feet
 — settle into feet; let spine lengthen; breathe
 8 quiet breaths

 arms up & down x 8


 ← more & ease shoulders

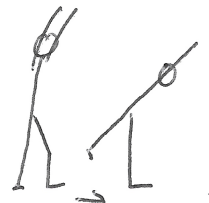
 gentle head movements


 inhale...
 exhale to side.
 4 breaths each way

 tree **2**





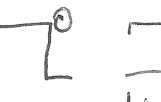

 6 breaths each side **3**

 6 breaths each side

 warrior: hold & breathe!
 pause & repeat. **2**

 breathe. **1**

Cats, dogs, child, squat, fox:



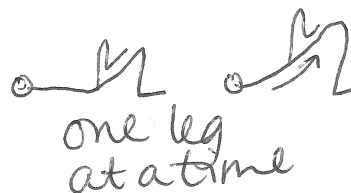

      **10**

alternate arms & legs!

lunges

 ①  ② **3**

    **3**

 rest   one leg at a time  rest **5**

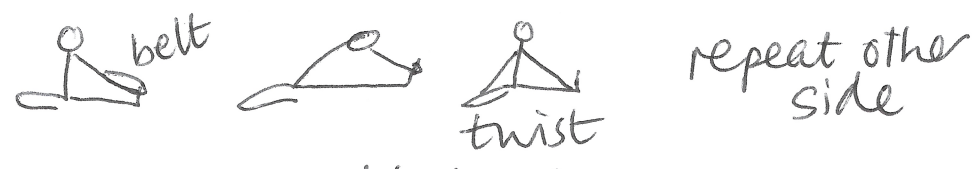
hip openers



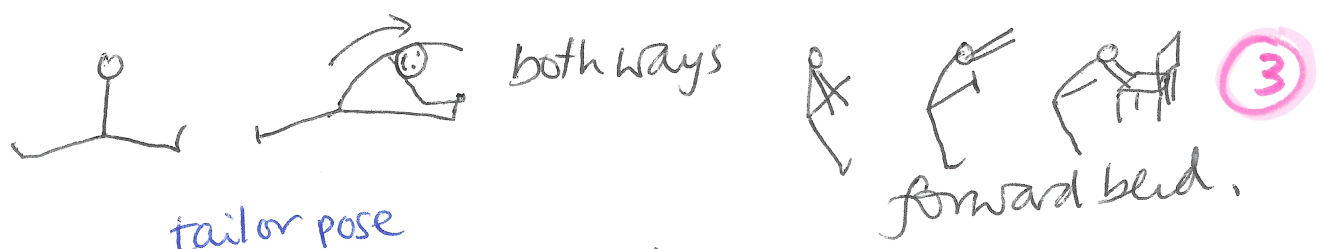
floor twist **3**
head to left, legs to right... repeat other way

rolling! **5**
...then shoulder stand/legs up the wall

sitting



wobble head... find balance
drop sit-bones, lengthen up... twist... repeat other side **4**



tailor pose **2**
sit with your back against the wall - or a sofa.
10 breaths

breathe!

sit or kneel... breathe quietly **6**
then practise alternate nostril breathing

relax for 10 minutes. **10**

General guidelines

- o take your time!
- o pay attention to your breathing
- o feel your connection with the ground
- o suggested timings are given in pink
- o if you want a shorter practice, do fewer poses.

Enjoy!