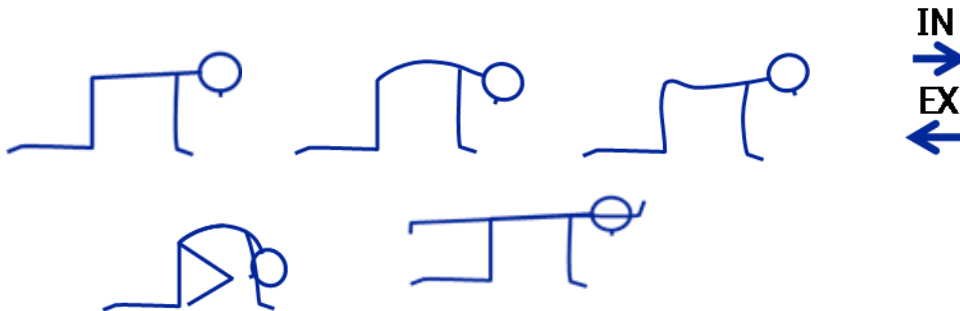
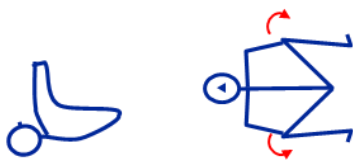


Sit quietly in a comfortable position (cross legs if possible) upright spine, shoulders relaxed, eyes closed with your gaze toward your heart centre. Be aware of how you feel, become aware of the breath. Let go. Acknowledge any areas of tension or tightness, witness the breath flowing in and out of your body

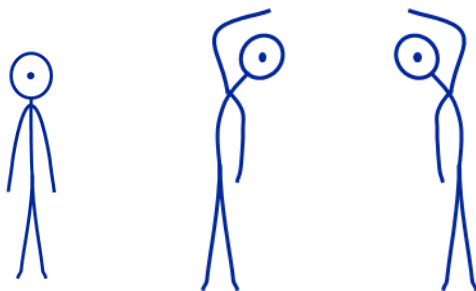
Dandasana : upright spine, thighs rolling inwards, heels extending away, toes point upwards, use hands for support if needed, abdominals pulled in (core strength/moola bhanda). Take hands overhead if okay for you – stretch from toes to finger tips..... relax shoulders back and down, away from ears remember to breathe! Expansion / contraction



Cat : come onto all fours (pad knees), knees hip width apart and parallel, hands well placed, fingers spread. Working dynamically with the breath - on an in breath, widen sitting bones, sink down between shoulder blades, head faces forward On an out breath, push up between shoulder blades, curl tail bone down. Nose to navel. Add the curl in with the knee and if you want to go further, extend alternate leg/arms stretching into finger tips and toes – try to keep a nice neutral spine. Try counting the in/out breath for 8.



Apanasana : Hug your knees into your chest, rock backwards and forwards, side to side. Circles with knees left/right



Tadasana. Check your alignment – feet hip width apart, everything balanced/ minimum effort arms hang like empty sleeves. Close eyes or focus on a point. Slide leg arm down left thigh, raise right arm up over head – gentle side bend if okay for you. Repeat on the right side – work with the breath, relax shoulders, breathe



Savasana : lay on back (be warm), make length in the spine, legs, back of neck long (chin tucked in a bit). Note where your body is in contact with the earth, arms out to sides, palms uppermost, feet falling away Scan body for tension, breathe to those places, relax jaw, unclench teeth – relax/soften/sink/ clear mind, give yourself permission to let go