Begin lying down, soles of feet on mat, knees together
Mouth and eyes gently closed, face relaxed
Breathe steadily in through the nose, and out through the nose
Hands on abdomen to feel the support of this steady breath
Keep awareness turned inwards to sensations within the body

Arms out to the side
Knees gently to the right
Draw both knees to chest
Draw the abdomen up

Cat posture: look gently down
Breathe in: start to look forwards
Breathe out: start to look back
Shoulders above wrists
Lift the chest, shoulders roll back
Arch the back like a cat
Hips above knees, feet apart
Feel the abdomen drawing down

Relax: Child’s Pose
Return to Cat Posture
Right arm lifts to extend forwards
Cat Posture: relax
Downward Facing Dog
Hips lift and go back
Neck relaxed: look back
Eventually legs straighter
Keep moving chest to feet

Return to Cat Posture
Downward Facing Dog
Cat Posture: relax
Downward Facing Dog

Relax in Child’s Pose: close the eyes, let the breath come and go naturally
Release the neck and the shoulders, feeling the forehead gently on the mat
Stay alert to every breath you take, keeping your mind quiet and steady