Begin standing at the front of your yoga mat, feet close together; hands by side

With the mouth gently closed, breathe in and out through the nose; looking straight ahead

Keep your awareness tuned in to this steady, controlled breathing as you begin to move:

1. Inhale  
   2. Exhale 
   3. Inhale  
   4. Exhale (Cat Posture)  
   5. Inhale

   - Arms up, palms together  
   - Fold forwards  
   - Bend knees, hands down  
   - Step back, toes behind  
   - Lift chest, tummy down

   (look up)  
   (look down)  
   (look forward)  
   (look down)  
   (look up)

5 breaths here

6. Exhale (Downward Facing Dog)  
   - Hips lift, legs straighten, straight arms (look back)

7. Inhale  
   8. Exhale  
   9. Inhale

   - Step forwards  
   - Fold forwards, hands down  
   - Arms up, palms together

   (look forward)  
   (look down)  
   (look up)

To begin with just repeat the first 2 movements of the sun salutation: Inhale arms up, exhale fold forwards, inhale arms up, exhale fold forwards etc. Then practice the first 3 movements a few times; to get used to synchronising breath and movement

1. Inhale  
   2. Exhale  
   3. Inhale  
   4. Exhale (Cat Posture)  
   5. Inhale

   - Step forwards  
   - Fold forwards, hands down  
   - Arms up, palms together

   (look forward)  
   (look down)  
   (look up)

Savasana: 
Relax here with the legs up against a wall and the feet drifting together 
If you wish the hands can be by your sides, palms down 
Close the eyes and let the face be soft 
Completely let go, imagining space around all your joints 
Stayed tuned in to the sensation of breath; stay present