Each of these 3 yoga practices begins with this page of the same Warm Ups and Sun Salutations accompanied by 3 separate standing, seated and finishing sequences.

Begin in Child’s Pose, knees apart, feet together, arms in front. Breathe steadily in through the nose, and out through the nose. Keep awareness turned inwards to sensations within the body. Remain with this sensation when you start to move.

**Warm Ups**

Cat posture: look gently down
Shoulders above wrists
Hips above knees, feet apart

Breathe in: start to look forwards
Lift the chest, shoulders roll back
Feel the abdomen drawing down

Breathe out: start to look back
Arch the back like a cat
Draw the abdomen up

Interlace fingers, reach up
Shoulders relaxed

Downward facing dog
Bend each knee in turn
Gently stretch out legs

Easy forward bend
Let the head hang
Relax the shoulders

Stay here and breathe
Keep lifting the chest

**Sun Salutations**

Variation 1

Remember to hold Downward Facing Dog for 5 breaths
Do 4 of whichever variation feels most appropriate to you

Variation 2

Variation 3

Options to jump back to “plank”, lower down (slowly) and move through Upward Facing Dog to Downward Facing Dog (5 breaths), and then jump back through to standing.