

# Beginner's Lesson 2

(Gentle warm up postures)

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  
 Relax shoulders  
 Steady breathing



Knees gently to the right  
 Look over left shoulder  
 Repeat opposite side



Draw both knees to chest  
 Point the toes, face relaxed  
 Option to lift head to knees



Lift right leg and foot up  
 Keep left foot firmly down  
 Repeat opposite side



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

← X5 →



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



Relax: Child's Pose  
 Head down, arms in front  
 Knees apart, feet point back



Return to Cat Posture



Right arm lifts to extend forwards  
 Left leg lifts to extend back  
 Repeat opposite side



Optional Child's Pose



Return to Cat Posture



Downward Facing Dog  
 Hips lift and go back  
 Neck relaxed: look back



Cat Posture: relax



Downward Facing Dog  
 Eventually legs straighter  
 Keep moving chest to feet



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