

(5 Sun Salutations and standing postures)



Begin in child's pose, knees apart, feet close, relax the neck

With the mouth gently closed, breathe in and out through the nose with awareness



Cat posture can eventually become upward facing dog: The feet step further back to lower down; then inhale and press the hands down to lift the chest and roll the shoulders back:



First downward facing dog
5 breaths with the option to bend knees
Using movements 7, 8 and 9 below, come up to standing
Ready to begin:



Repeat 5 sun salutations
Try to coordinate the breath with each movement
Downward facing dog is held for 5 steady breaths (if it's too much, just come down onto your knees)
Be patient, it can take some time to build up the stamina to do 5



1 Inhale
Arms up, palms face (look up)

2 Exhale
Fold forwards (look down)



3 Inhale
Bend knees, hands down (look forward)



4 Exhale (keep exhaling)
Step back, lower chest, hands press down (look down)



5 breaths here



5 Inhale
Upward Facing Dog
Lift the chest (look forwards)



6 Exhale
Downward Facing Dog
Hips lift, legs straighten (look back)



7 Inhale
Step forwards (look forward)



8 Exhale
Fold forwards (look down)



9 Inhale
Arms up (look up)



Exhale
Standing

Standing Postures and Finishing Postures

Padangusthasana
Fold gentle forwards
5 breaths



Utkatasana
Bend knees
Reach arms up
5 breaths



Easy seated posture
Hands on knees, head down
10 full deep breaths



Savasana
(take rest)
5 minutes

