



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

With the mouth gently closed, breathe in and out through the nose; look forward

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



1 Inhale  
Arms up, palms together  
(look up)



2 Exhale  
Fold forwards, hands on shins/ankles  
(look down)



3 Inhale  
Bend knees, hands down  
(look forward)



4 Exhale (Cat Posture)  
Step back, toes behind  
(look down)



5 Inhale  
Lift the chest, roll shoulders back  
(look up)



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

5 breaths here



7 Inhale  
Step forwards, stay low  
(look forward)



8 Exhale  
Fold forwards, hands down  
(look down)



9 Inhale  
Arms up, palms together  
(look up)



Exhale  
Standing  
(look forward)

Repeat  
5 times