



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

With the mouth gently closed, breathe in and out through the nose, creating a soft gentle sound

Look forwards and feel the feet pressing down

Keep your awareness tuned in to this steady, controlled breathing as you begin to move, coordinating breath with movement

Work towards doing 5 repetitions; keep smiling



1 Inhale
Arms up, palms together
(look up)



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



3 Inhale
Bend knees, hands press down
(look forward)



4 Exhale
Step back, feet behind
(look down)



(keep exhaling)
Lower chest, hands press down
(look down)



5 Inhale (Upward Facing Dog)
Lift the chest, roll shoulders back
(look forwards. . . look up)

Five full deep breaths here
(bend knees if necessary)



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



7 Inhale
Step forwards, stay low
(look up)



8 Exhale
Fold forwards
(look down)



9 Inhale
Arms up
(look up)



Exhale
Standing