

# Calming Routine

Level 1-2

www.audioyoga.com

**Breathing Theme:** Go slowly and match movement with the breath.

Use a breathing theme that makes you pace your breath by counting it.

For example:

- Each breath out is counted out to take twice as long as each breath in.
- Start movements when the breath in or out starts.
- Stop movements and pause when breath in or out stops.
- Count the duration of the breath in or out the whole time.

## 1. Sun Salutation

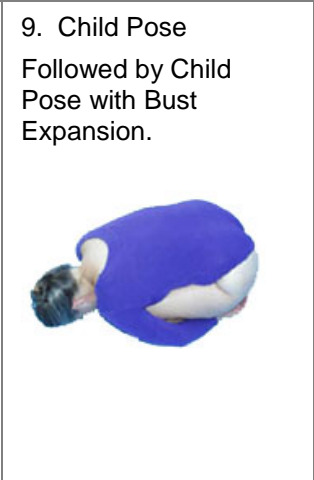
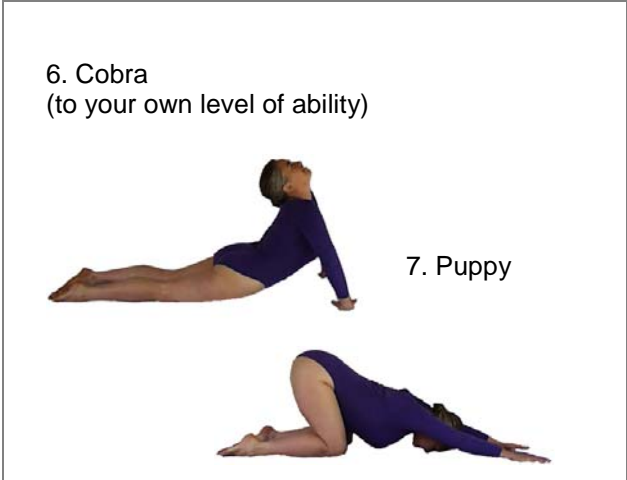
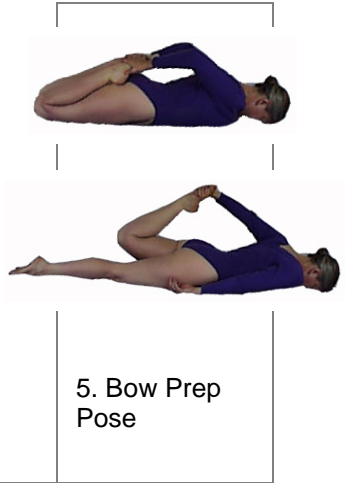
Breaths out should take twice as long as breaths in.

Move into position as you breathe in or out.

Pause when you've finished breathing in or out.

## 2. Meditation

Count the rhythm of your breath. Take twice as long to breathe out as you do to breathe in.



10.  
Relaxation



11. Standing wide angle.



12. Wood Chopper (to your own level of ability)

