



1. Abdominal Lifts

3 rounds.

As many lifts as you can each round before you need to catch your breath.



2. Balance Posture

3 times each side.

3. Meditation **Sitting or lying quietly** **3 – 5 minutes**
Notice the flow of your breathing, in & out. If your mind wanders, simply breathe in and bring your attention back to your breathing.

4. Neck Roll

1 – 3 times each side.

No Hold. Just pause at each side and when your chin is at your chest.

5. Eye Stretches

1 – 3 times in each direction.

No Hold. Just **pause** at each quarter.

6. Lion

Tense all muscles in face, neck & hands.
Hold 6 breaths
3 repetitions.
Sit on toes for a toe stretch as well.



7. Butterfly

Hold: 6 breaths

3 repetitions

8. Elbow-to-Knee
No Hold.
Pause after each step.



9. Back Stretch

3 – 5 repetitions

(holding farther down the legs each repetition)

Hold 6 breaths



10. Shoulder Stand

Hold 20 – 60 breaths.

Alternative for pregnant or menstruating women:

Incline Plane
Hold for 2 – 5 breaths.
3 repetitions.

11. Pelvic Lift

Hold for 2 – 6 breaths

1 – 3 repetitions.



12. Bow

Hold 2-4 breaths

3 times each side.
Alternate sides.

13. Breath Work

The Wave
3 minutes.

14. Relaxation 7 minutes

Let go of your body, more and more every time you breathe out. Start with your feet. Move your way up bit by bit, until you've addressed each part of your body.

6 breaths for each area.

15. Leg Fold

Once each leg.
Then both legs together.

Hold 6 breaths each time.



16. Rock & Rolls



Get back to your feet by curling up into a ball and rocking up & down, and side to side.

Benefits

- ? A complete routine to tone, strengthen & increase the flexibility of the entire body.
- ? Builds breathing muscle & awareness & control of breathing.
- ? Relaxes while energizing.
- ? Releases stress in the body.
- ? Focuses the mind.

Before you begin, it is assumed that you have read and understand our caveats and that you assume responsibility for undertaking the routines given here.

You might like to see our tips page, to get the most out of your yoga practise.

You might also find our Yoga Snacks make interesting, quick, light 60 second yoga breaks.