

# Yoga for Calm

**T**his is a yoga routine designed to help you feel chilled out and safe. It is nice to give yourself a gift, and taking 15 minutes out of your day to look after yourself can be a great one.

For this routine, use your pillow and blanket, and anything soft you can find. Use them as often as you want in the poses – the aim here is to be comfortable. You might find this routine nice to do last thing at night – you should be able to do all of it in bed.

## 1. Child



Rest like this, with padding under your bum and head if that makes you more comfortable. Stay like this for 10 slow breaths.

## 2. Thread the Needle



Starting on hands and knees, reach your right arm to the left until your shoulder rests on the floor or on your pillow. Stay like this for 10 slow breaths and then repeat on the other side.

## 3. Deer Pose



Sit with your legs like this and lean forwards. You might only be able to go down halfway, or you may go all the way down to the floor. Find an angle that's comfortable for you and then stay there for 10 slow breaths. Repeat on the other side.

## 4. Forward Fold over Crossed Legs



Sit cross legged and stretch forward. Give yourself a few breaths to find the place that's comfortable for you and then take 10 slow breaths. Cross your legs the other way and repeat.

## 5. Lying Twists



Lie on your back and pull your knees over your chest. Swing them over to the left, keeping your shoulders flat on the floor. Stay for 10 deep breaths and repeat on the other side.

## 6. Banana



Lie on your back and stretch both your arms and legs to the left, with your back still flat on the floor. You can hook the right leg over the left one, or pull gently on the right arm with the left one to increase the stretch. Stay for 5 deep breaths and repeat on the other side.

# Yoga for Calm (cont)

## 7. Goddess



Sit with your feet together and knees out to the side. Lie back onto a stack of pillows and blankets so your chest gently opens. Stay like this for 10 slow breaths, or longer if you wish.

## 8. Supported Bridge



Place your feet flat on the floor, as close to your bum as you can get them. Slip pillows and blankets under your bum, to raise your hips up so they are higher than your heart. Stay here for 10 slow breaths, or longer.

## 9. Seated Forward Bend



Sit on your blankets and pillows with your legs out in front of you – it is fine if your knees are bent. Drape your torso forward over your legs and nod a couple of times to relax your neck. Stay here for 10 slow breaths.

## 10. Sitting



Place your blankets and pillows so you have at least four inches under your sitting bones. Focus on your breath. Count your breaths silently to yourself: in 1, out 2, in 3, out 4 and so on, up to 10, and then start from 1 again. If you lose count, it doesn't matter. Just come back to 1 and begin again. Even if you lose count several times, it doesn't matter. Be gentle with yourself and know that there is nothing to "get wrong". Do this for five minutes, setting an alarm on your watch or clock if you have one. If you practise this meditation every day, things may begin to look clearer and brighter for you. Give it a go and let us know how you get on.

