

Yoga **Create your healing space**

by Victoria

This grounding practice can help if things feel uncertain, or if you just want to step away, take a break and reconnect to your natural peaceful state. This state of steady strength is always within you.

Making space - Breathe in between each movement from 1a to 1d. Repeat the sequence 3 to 5 times.

Heart warrior - Move between 3a and 3b, hold position for 5 long steady breaths. Swap sides and repeat.

1



Making space

Breathe in and rest your hands gently on your upper body. Breathe in between each movement from 1a to 1d.

1a



Making space

Breathe out, hands move up - make space above you.

1b



Making space

Breathe out, hands press downward - create a space.

1c



Making space

Breathe out, hands extend sideways - make space left and right.

1d



Making space

Breathe out, hands press forward - create space ahead and behind.

2



Side stretch

Breathe in, raise your right arm. Breathe out, side bent to the left. Pose for x 5 breaths. Repeat on the left side.

Cautions

- You are in charge, listen to your body as you move and breathe.
- You can choose to modify or opt out of the exercises at any time.
- If possible, practise on a non-slip surface or barefoot.
- Stop any breathing exercise if it feels uncomfortable. Breathe at your own pace.

(Please turn over)

Tips

- Choose a place where you feel comfortable and have space to reach in all directions.
- In postures 1 and 2 you might like to explore the idea of expanding your comfort zone.
- *For Heart Warrior check your knee is aligned above your ankle to protect the joint.
- Between movements come back to notice your feet on the floor.
- You can try these movements sitting or standing, adapt them to your needs.

3a



Heart warrior

Breathe in, step one leg forward. Bring your hands to your heart space.

3b



Heart warrior

Breathe out, bend your knee*. Arms open with elbows bent.

4a



Grounding breath

Breathe in, palm up, lift your hand to shoulder level.

4b



Grounding breath

Breathe out, palm down, lower it back to your leg.

5



Rest

Find a comfortable position in your chair or lying down. Use cushions or blankets if helpful. Rest for a few minutes eyes open or closed.

“See how nature - trees, flowers, grass - grows in silence; see the stars, the moon and the sun, how they move in silence... We need silence to be able to touch souls.”

Mother Teresa, Catholic Nun