

This harmonises mind and body to help reduce anxiety and release stress.

Move between **4** Downward dog, **5** Plank and **6** Home pose extended, several times.

The rhythmic movements here and moving with your breath in **8** Bridge and **10** Seated side stretch help to release agitation in your body and mind.

By coordinating your breath with your body movements, it may help lift your mood from intrusive thinking to a space of rest, calm and clarity.

1



Mountain

Notice your feet on the mat
x 5 breaths.

2



Stretch and sigh

Breathe in reaching up,
sigh out lowering arms
x 5 breaths.

3



Rag doll

Relaxed forward bend
x 5 breaths.

4



Downward dog

From all fours, lift hips up
and back
x 3 breaths here then flow.

5



Plank

From Dog, breathe in, move
shoulders over wrists into
Plank, breathe out return to
Downward Dog.

6



Home pose extended

Rest x 5 breaths
Repeat **4** to **6** up to 3 rounds.

Cautions

- Be careful not to slip.
- Modify or miss out poses that may cause injury or pain.
- Engage your core in Plank to protect your back.
- Seated twist **11** is not suitable for back problems.

(Please turn over)

Tips

- Notice your natural steady breath.
- Try to move with it as you flow with the poses.
- In Bridge pose push down with your feet to lift your hips.
- Between movement come back to the feeling of your body standing, sitting or lying.
- No mat or carpet. Try the sitting and lying down parts on your mattress.

7



Knee to chest

Stretch right leg along floor, hug left knee to chest x 5 breaths.

8



Moving bridge

Gradually lift the hips and lower back from the floor on the in-breath. Lower gently back to the floor on the out-breath x 5 breaths.

9



Coil pose

Hug knees to chest x 5 breaths.

10



Seated side stretch

Cross-leg. Alternate between right and left sides x 5.

11



Seated twist

Swap the cross of your legs x 5 breaths each side. See caution box.

12



Legs up rest

Lie on your back with lower legs supported on a chair seat or the edge of your bed. Make sure you are warm and comfortable. Rest like this for 50 breaths. Notice the contact of your body to the different surfaces for a few breaths.

**“Accept what is.
Let go of what was and
have faith in what will be.”**

Sonia Ricotti, author