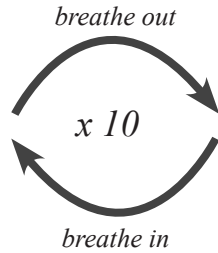


Yoga can help you feel better, reducing pain and stiffness and helping you sleep. It can also make you feel calmer and happier, and put you in touch with your true self. Try this routine every day for a week, and let us know how you get on.

1. Cow



Cat



2. Down dog



3. Warrior 2
Five breaths each side



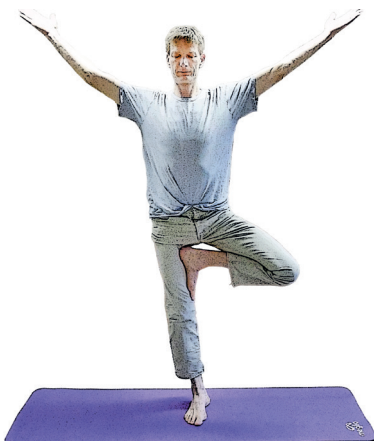
4. Triangle
Five breaths each side



5. Forward Fold
Five slow breaths. Bend your knees if it's more comfortable.
Neck Stretches



6. Tree
Five breaths each side



7. Seated Twist
Five breaths each side



8. Boat
Build up to five breaths



9. Bridge



Lie on your back with your feet close to your bum then push your hips up. Stay for three breaths, then carefully lower yourself down. Repeat another two times.

10. Rest



Lie like this for a few minutes, letting your body settle after all the good work it has done.

11. Sitting



Count to ten breaths, on the out-breath, and then start again.

Tips

- Breathe steadily - observe your breath without judgement
- Start by counting your breaths. In 1 and out 2. When this becomes too distracting, focus on just the feeling of breathing.
- When you are distracted be kind to yourself. Do not worry. Return to your breath.
- Write in confidence to one of our friendly letter writers for guidance.

Cautions

- Check with your mental health team if meditation is appropriate for you, especially if you have PTSD, depression or are experiencing flashbacks.
- Modify or miss out poses that may cause injury or pain.
- Do not practise under the influence of alcohol or drugs.