



This series of upper body movements is both uplifting and calming and is a great preparation for meditation. It can be done standing or sitting, indoors or outside in the fresh air. Each set of four sequences is made in time with the breath and starts with hands together at the chest.

Resting Pose

Start and finish the set of sequences with hands resting on one another.

If you are kneeling, have the tops of your feet flat on the floor. You can place a folded pillow behind the knees and a rolled up towel under the feet.

This position helps relieve sciatica and keeps the knee and ankle joints mobile.

Sequence 1 – Repeat x 5













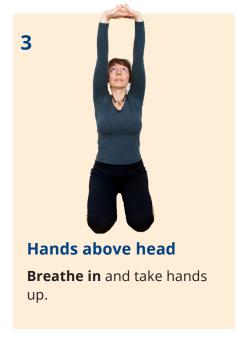
Sequence 2 - Repeat x 5





Tips

- Allow jaw and neck to remain relaxed throughout
- Let arm movements follow the rhythm of your breath





Cautions

- Move within pain-free range of movement
- Make sure you have a comfortable base when sitting or standing
- If anything doesn't feel right – physically or mentally – stop and be still with your breath

For help with your meditation and yoga, write to The PPT: P.O. Box 328, Oxford, OX2 7HF



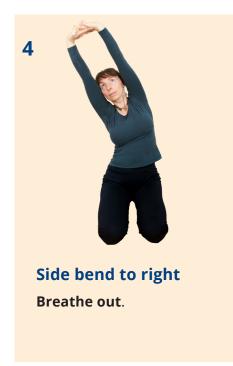


Sequence 3 – Repeat x 5

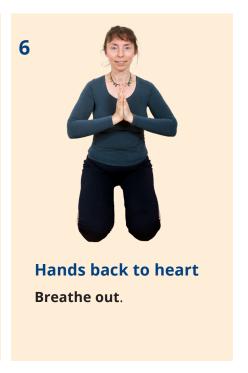












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Sequence 4 - Repeat x 5



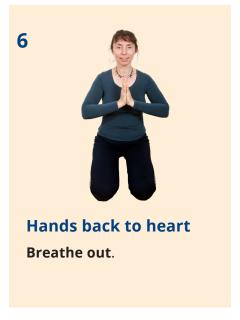


gently.

Back to centre
Breathe in.







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