

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.

Sequence 1 – Repeat x 5



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.

1



Hands together at heart
Breathe in, slow and steady.

2



Hands reach forward
Breathe out.

3



Take arms wide
Breathe in and extend the fingers.

4



Hands back to heart
Breathe out.

Sequence 2 – Repeat x 5

1



Hands above head

Breathe in and take hands up.

2



Arms down and behind

Breathe out and circle arms down and behind.

Tips

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

3



Hands above head

Breathe in and take hands up.

4



Hands back to heart

Breathe out.

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

1



Arms above head

Breathe in, link fingers, and take hands above head.

2



Side bend to left

Breathe out.

3



Back to centre

Breathe in.

4



Side bend to right

Breathe out.

5



Back to centre

Breathe in.

6



Hands back to heart

Breathe out.

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Sequence 4 – Repeat x 5

1



Take arms wide

Breathe in.

2



Twist to left

Breathe out as you twist gently.

3



Back to centre

Breathe in.

4



Twist to right

Breathe out.

5



Back to centre

Breathe in.

6



Hands back to heart

Breathe out.

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