

On Steady Ground

by Victoria

- *Feel centred*
- *Connect to inner strength*
- *Anchor emotions and find calm*

Standing or Seated



1. **Stand or sit up tall** and **scrunch your toes**, then relax them x 5
2. **Eyes open or closed**
3. **Breathe in** slowly and steadily
4. **Breathe out** down to the belly
5. **Relax shoulders** x 5 breaths
6. **Arms relaxed, hands rest softly** x 5 breaths
7. **Notice your body lowering into your chair**
8. **Feel strong and steady in your legs** x 5 breaths
9. **Feel your feet firmly planted on the ground** x 5 breaths



Cautions

- Breathe naturally
- Stop and rest if you feel short of breath, dizzy, anxious or unwell at any point

A tree has roots in the soil yet reaches for the sky.

Wangari Maathai, Nobel Peace Prize winner

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