

This sequence eases our bodies and minds in a gentle way. Try it when you first wake up or last thing before you go to bed. It can be done in a small space, using just the floor, bed or a chair. You do not need a yoga mat, but you could put a blanket underneath you for softness.

1



Lie down

Lie with knees bent and feet apart. Take 5 slow, steady breaths.

2



Knees side to side

Let knees drop to one side, back through centre and over to the other side. Repeat x 5.

3



Hug knees in

Bring both knees in towards the chest.

4



Circles knees

Draw circles with knees together. Repeat x 5 in each direction.

5



Hug 1 knee

Draw knee in towards chest and stretch other leg out.

6



Circle foot

With knee still hugged in, wiggle your toes and then draw circles with your foot for 5 breaths.

Every day is a new beginning. Take a deep breath, smile, and start again.

Janet Bell, artist

(Please turn over)

Yoga in Your Room (cont)

7



Cross ankle

Cross right ankle onto left knee with left foot on floor. Take 5 slow, steady breaths.

8



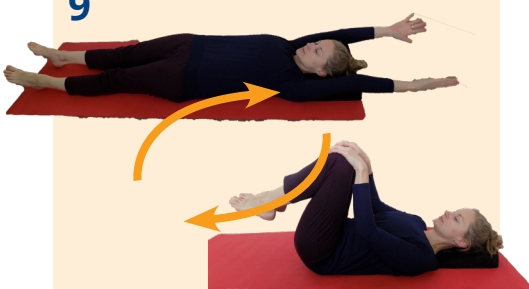
Thread the needle

If comfortable, draw left leg in towards chest. Take 5 breaths. Repeat steps 5-8 with your other leg.

Tips

- Put a folded blanket or thin pillow under your head to ease your neck
- Let eyes be open or closed
- In each position, take 5 long slow steady breaths, noticing it flow in and out

9



Stretch out and hug in

Stretch both legs and arms above head, making yourself long – then hug knees in, making yourself small. Repeat x 5.

10



Rest

With arms by your sides, now it is a chance to let go and relax any feelings of tension in your body or mind.

Cautions

- Go gently – do not force
- Move within pain-free range
- If something hurts, ease off

**For help with your meditation and yoga, write to The PPT:
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