

Yoga can help us feel more in charge of ourselves and at ease. However, it is not always easy! Build up to some of these strong postures with regular practise. By moving the body with focus and to the rhythm of steady breathing, the mind responds by being quieter and clearer. Instead of being reactive we might notice that we start to respond more skillfully to things that are out of our control. Try this every day, if you can, and see how you get on.

1

**Mountain**

Stand tall. Feel the ground.

Take 5 breaths.

2

**Shoulder rolls**

Breathe in and roll forward. Breathe out and roll back. Repeat x 5 breaths. Change direction.

3

**Hip circles**

Stand tall. Bend knees and circle hips. Repeat x 5 breaths. Change direction.

4

**Forward fold**

Strong feet and legs. Soft knees. Fold forward. Take 5 breaths.

5

**Chair**

Feet hip width apart. Bend knees. Lift chest and arms. Repeat x5 breaths

6

**Warrior 1**

Hips face forward. Bend left leg. Keep body upright. Repeat x5 breaths, then change sides.

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**Warrior 2**

Hips face sideways. Legs wide.

Turn head and front leg. Look down hand. Repeat x 5 breaths, then change sides.

8

**Warrior 3**

Breathe in, hips face forward. Breathe out, lean forward and down. Let back leg rise.

Repeat x5 breaths, then change sides.

Tips

- Engage your core muscles
- Remember to keep breathing
- Build up over time: if you can not do the whole sequence, do part of it and try again later

9

**Wide leg fold 1**

Push feet down. Engage core as fold body forward. Hands behind back or on legs. Build up to 5 breaths.

10

**Wide leg fold 2**

Hold elbows, legs or touch the floor. Build up to 5 breaths. Slowly lift back up to standing.

Repeat steps 2 & 3, then 1 (mountain) to finish.

Cautions

- Warm up well, including all main joints
- If painful, ease off

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