

The combination of standing postures and floor work in this sequence can build strength, balance and resilience. Try it in the morning to uplift your energy and help you focus.

1



Hip circles

Feet wider than hip width, with normal breaths. Rotate each direction 5 times.

2



Horse rider

Breathe out into a mid-squat. Take 3 to 5 breaths.

3



Extended mountain

Breathe in to stand, extend arms overhead, bring hands together.

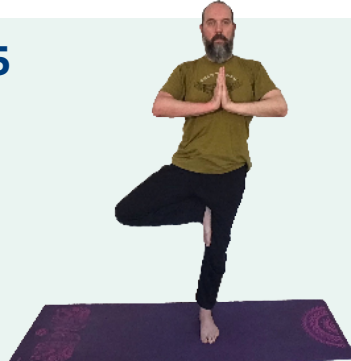
4



Stretched flank

Lower body in warrior stance, rest forearm on thigh, extend other arm overhead. Do this for 5 breaths on right and left side.

5



Tree balance

Ground through the right leg, place left foot on right leg. Hands together for 5 breaths. Repeat on left side.

6



Double angle pose

Feet hip width, breathe out to fold forward. Breathe in to extend arms back and up. Take 3 to 5 breaths. Release arms and come to floor

Cautions

- To protect your joints, keep your knees above your ankle in Horse Rider and Stretched Flank poses.
- Double Angle Pose is not suitable for hypertension/heart problems. Try Half Forward Bend, hands rest on upper legs.
- Table Top is not helpful for wrist and shoulder injuries.

(Please turn over)

Tips

- Alternate between Horse Rider and Extended Mountain poses repeating 5 times to warm up and create a flowing movement.
- Tiger Stretch - for extra comfort, use a folded towel or extra padding under your knees.
- Use a towel as shown in Double Angle Pose and Seated Forward Bend for greater comfort in your shoulders and spine.

7



Tiger stretch

On hands and knees, reach right arm forward and left leg behind. Take 3 to 5 breaths. Release and repeat alternative limbs.

8



Walk the dog

From hands and knees lift hips back into down dog. Bend alternate knees, walking on spot. Hold for 3 to 5 breaths.

9



Table top

Separate feet hip wide, knees bent. Place your hands behind. Breathe in, lift hips. Take 3 to 5 breaths.

10



Seated forward bend

Breathe out, soften upper body toward your legs. Take 3 to 5 breaths.

11



Seated twist

Sit with legs crossed. Breathing out, turn to the left. Take 3 to 5 breaths. Repeat on right side.

12



Resting pose

Rest on your back, for 30 to 50 breaths. Eyes open or closed.

“The yoga keeps me moving when locked up for long periods”

James, HMP Channings Wood
Published in Inside Time