



### 1. WARM UP Neck Rolls

Sit comfortably on the floor, spine is straight (or on a small cushion to enhance straight spine)

- Hands resting on your knees

- Drop your chin to your chest

INHALE slowly roll our head over the right shoulder and back, CLOCKWISE

EXHALE roll the head over left shoulder and back down, chin to chest.

Make 2 circles

When chin is on chest, change direction

Repeat 2 circles



### 2. WARM UP Head Twists

Swing the head slowly from side to side.

Eyes are closed, focusing inward towards third eye (centre of front)

Increase swinging movements, but keep chest and neck in same vertical plane.



### 3. WARM UP Shoulder Rolls

Shoulder rotation

INHALE slowly circle up both shoulders

EXHALE slowly circle back down

3 rotations one way

3 the other way



### 4. Cat Cow

Kneeling, wrists under shoulders, knees under hips

INHALE open chest, shoulders back, look up

EXHALE round the spine, separate shoulders, head to chest

### 5. Downward Facing Dog

From Cat Cow

- Spread fingers wide
- Draw shoulders on the back body
- Curl toes under

INHALE press into hands, feet lifting knees off ground, lift sitting bones towards sky, broaden sit bones back then lengthen sacrum towards heels for even low back curve

EXHALE heels descend as hamstrings lengthen



Relax head down, stay for 3 - 5 breaths

You can 'walk the dog' by bending slightly one knee at a time

### 6. Sphinx

From Downward Facing Dog come on knees, then lay on belly.

- Raise chest and torso off the floor
- Elbows under shoulders, press the forearms towards the floor
- Relax shoulders away from the ears

You can keep your legs together or widen them (this will increase/decrease the stretch in the lower back)



Stay for 5 breaths

### 7. Supine Pigeon

Lay on your back

- Bend right leg
- Place your left ankle above your right knee
- Interlace both hands behind the right thigh, gently drawing the legs towards the chest
- Keep hips squared & lower back on the floor
- Left foot flexed
- Relax shoulders



Hold for 3 to 4 breaths

Release and repeat on other side

### 8. Supine Spinal Twist

- Open your arms like wings
- Bend both legs, feet on floor
- Drop both knees to one side (put a cushion under the knees, if dropping to the floor doesn't feel good)
- Turn the head on the opposite side



Stay for 3 - 5 breaths

Change side

### 9. Savasana - Relaxation

Lay on your back with the arms along the body, palms facing upwards.

Bring your attention to your body. Feel the weight of your body and the ground supporting you. Allow yourself to meld downward.

