

Key: IN = Inhale, EX = Exhale

1 Opening Breath Awareness | 6 – 8 breaths



- Take a few breaths at your pace, then link breath and movement.
- IN, lengthen the spine, EX release the belly, shoulders, jaw

2 Neck Rolls | 4 times each side



- IN your chin to one shoulder
- EX your chin back to the chest
- IN to the opposite shoulder
- Continue switching sides

3 Torso Circles | A few times each side



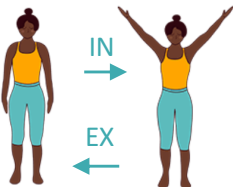
- Move from the hips to sway from side to side. Or make a circular motion as if you are "stirring the pot". Do what feels intuitive for you.

4 Mountain Pose Standing | 6 – 8 breaths



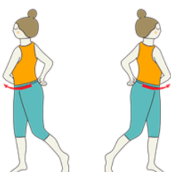
- Stand with feet hip distance apart
- Balance evenly over both feet, and evenly from front to back
- Take several breaths at your pace

5 Mountain Pose with Arms | 4 times



- IN raise arms up from the sides; arms can be wide apart; keep shoulders relaxed
- EX lower the arms down
- Repeat 4 times

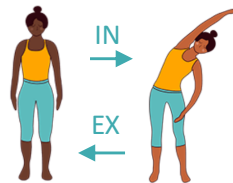
6 Standing Twists | 8 – 10 times



- With feet wide, twist from side to side + let your arms swing around your body. You can also alternate raising one arm up as you twist.

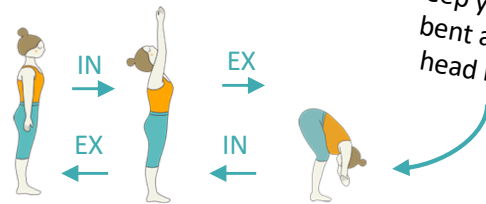


7 Side Stretch | 3 times each side



- IN raise one arm overhead
- Stay 1 -2 breaths reaching overhead
- EX lower the arm back down
- Repeat opposite side

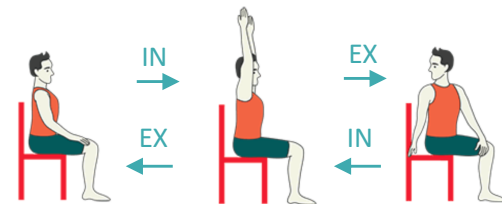
8 Forward Bend | 3 times



Keep your knees bent and your head relaxed

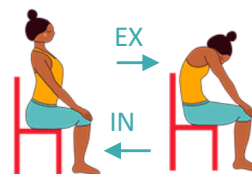
- Stand with feet hip distance apart, IN raise your arms up
- EX bend forward, rest hands on your legs or hold the elbows in "Dangle Pose"; stay for 2 breaths
- IN arms back overhead, EX arms back to the start position

9 Seated Twist | 2 times each side



- IN raise the arms up; EX twist to the right, place your left hand on the right knee; right hand at the back of the chair
- Gaze to the right or over your shoulder; stay 2 breaths
- IN arms back up to center, gaze forward; switch sides

10 Seated Cat Cow | 6 times



- Start with your hands on top of your legs; IN gently arch the upper back + broaden your shoulders
- EX round the back, tuck chin to chest

11 Closing Breath Focus | 10 – 12 breaths



- Sit or lie down in any comfortable position. Rest one hand on your heart and one on your belly. Breathe in and out through the nose, or however it feels best today.