



### Simple Seated Pose

- Begin in a simple seated pose. Try elevating this by sitting on a cushion or block for more ease. Focus on your breath. Inhale for the count of 4 and exhale for the count of 4. Repeat 10 times.



### Movement Meditation

- To ease a busy mind, focus on connecting breath and movement. Keep a 4 count breath, inhale and reach the arms over head – palms touch. Exhale and draw the hands back down the centre line of the body. Repeat 5 – 10 times. The speed of your breath dictating the speed of your movement.



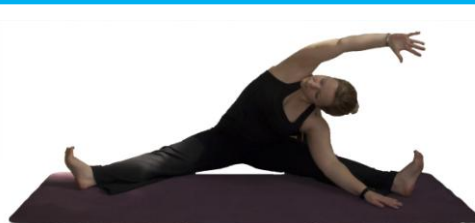
### Seated Cat / Cow

- With the hands on the knees, inhale drawing the chest forward and up and exhale to round back. Focus on the upper back and stretching out across the shoulder blades. Repeat 5-10 times.



### Seated Twist

- Place your right hand and your left knee, and your left hand on the mat or block behind you. Keeping the hips facing forwards gently turn to look over your left shoulder. Focus on twisting from the rib cage and feeling a sensation between the shoulder blades. Hold for 5 breaths and then repeat on the other side.



### Wide Leg Seated Side Stretch

- Come into a wide leg seated pose. Place your left hand on the inside of your left leg. Place your right hand on your head and roll your shoulder open towards to ceiling. Then extend your right arms, stretching along the whole right side of the rib cage. Hold for 3 breaths and then repeated on the other side.

### To Finish

- Either return to seated and spend a few moments in seated stillness, following your breath. Or lie down for a few moments in Savasana.