



Hands & knees kneeling-
Cat/cow
Puppy pose/child's pose
Hovering dog/down dog

In lying-
spinal rotation/twists,
one or two knees to chest
hamstring mobility (leg in air)

Settling-
Grounding- notice the support behind and beneath
Breath- low, slow and gentle

Standing-
Sun salutations x 3-5
Warrior 1/warrior 2
Chair pose
Balance

Plank (any version) x 10
breaths 3-5 times with
child's pose rest in
between

In lying-
bridge
spinal rotation/twists

Breath
Savasana

Home practice 



Throughout the practice;
Awareness of breath
Self compassion/kindness



Breath practices
Slow breathing
Box 4:4:4:4
Long exhale