

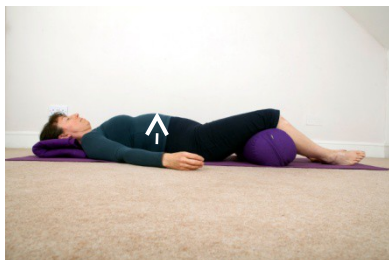
# 10-minute yoga

Gentle yoga for busy lives



## Relax, and release shoulders (track 2)

Breathing into the space above belly button



Breathing out, letting belly sink back down

Sinking shoulder blades into the mat, arms lower



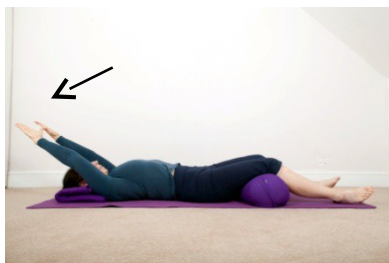
Lifting shoulder blades up off the mat, arms rise

Hands facing behind, bending elbows



Keeping the shape in the arms, open out to the sides, then draw back in

Within strain-free range, taking arms back towards ears – not floor



Floating arms back up to the sky

Pictures illustrate key elements of this session. For the full practice, please listen to **10-minute yoga** CD or download.