

10-minute yoga

Gentle yoga for busy lives



Strong and open hips (track 3)



Lying with feet and knees hip-width apart



Cross ankle onto knee



Edging knee away to open hip, then releasing it back



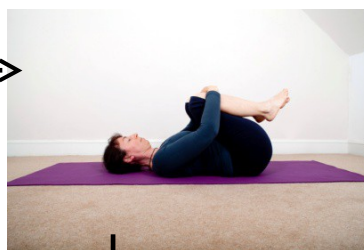
Strengthen connection between feet and mat



Using strong feet to lift spine into bridge pose

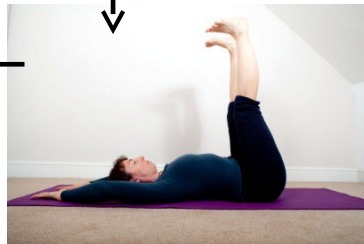
Flowing bridge sequence

Breathing in, using strong feet to float hips up, arms up and over



Breathing out, hugging knees into the chest

Breathing out, bend knees, feet to floor, arms down by side



Breathing in, release feet up to sky, arms behind head

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